

The Dessert Angel
Presents



5 Heavenly Pancake Recipes



Hello!

I've been making pancakes so often lately that my hubby has started calling me "Pancake"!

I don't mind and I definitely don't mind eating pancakes... as long as they're healthy, as all of these recipes are.

As such, many of these recipes are for 1 person, but they can easily be doubled or tripled if you've got a few mouths to feed.

For topping suggestions, here are some of my favourites:

- Berries and canned coconut cream sprinkled with cinnamon
- Butter and organic maple syrup
- Peanut butter and banana
- Pear slices and cinnamon
- My NOTella spread (from original Heavenly Recipes Guide)

Of course, feel free to top them with whatever you love most.

I've also been known to sneak a few dark chocolate chips into the batter. :)

Enjoy and make sure you connect with me on [Facebook](#) to tell me what you think.

Helen



Chocolate Blueberry Protein Pancakes

Servings: 1

Ingredients

- 1 egg
- 3/4 scoop (approx. 20g) chocolate protein powder
- 1 tsp cinnamon
- 1-2 pinches of stevia (more if you want sweeter)
- 1-2 tbsp ground flaxseed (more if you want firmer pancakes)
- 1/3 banana
- Handful of fresh blueberries

Directions

1. In a medium bowl, mix all ingredients except for the banana and blueberries together until well blended
2. Mash the 1/3 banana and add to the bowl – combine well
3. Stir in blueberries
4. Heat pan to medium and lightly coat with olive oil
5. Drop spoonfuls of batter onto pan and cook one side for a few minutes until browned and then flip and cook other side until lightly browned

Notes

- Gluten-free
- Substitute other type of protein powder if desired
- If using plain protein, add 1 1/2 tsp cocoa powder

Nutrition Facts	
Serving Size 126 g	
Amount Per Serving	
Calories 223	Calories from Fat 98
% Daily Value*	
Total Fat 10.9g	17%
Saturated Fat 2.2g	11%
Trans Fat 0.0g	
Cholesterol 174mg	58%
Sodium 107mg	4%
Total Carbohydrates 20.7g	7%
Dietary Fiber 6.8g	27%
Sugars 8.3g	
Protein 13.8g	
Vitamin A 5%	Vitamin C 9%
Calcium 12%	Iron 12%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Almond Flour Pancakes

Servings: 2

Ingredients

- 1 1/2 cups almond flour
- 1/2 tsp baking soda
- Pinch of salt
- 1/2 tsp cinnamon
- 3 eggs
- 4 tbsp coconut milk or almond milk
- 2 tbsp honey
- 1 tsp vanilla extract

Directions

1. In a medium bowl, mix together almond flour, baking soda, salt, cinnamon
2. In a separate bowl, blend together eggs, coconut/almond milk, honey and vanilla extract
3. Add the liquid ingredients to the dry ingredients and mix well
4. Let stand for 5 minutes
5. Heat pan to medium heat and lightly coat with olive oil
6. Drop spoonfuls of batter onto pan and cook one side for a few minutes until browned and then flip and cook other side until lightly browned

Notes

- Gluten-free

Nutrition Facts	
Serving Size 196 g	
Amount Per Serving	
Calories 291	Calories from Fat 157
% Daily Value*	
Total Fat 17.4g	27%
Saturated Fat 2.8g	14%
Trans Fat 0.0g	
Cholesterol 246mg	82%
Sodium 516mg	21%
Total Carbohydrates 23.3g	8%
Dietary Fiber 2.7g	11%
Sugars 18.8g	
Protein 13.0g	
Vitamin A 8%	• Vitamin C 0%
Calcium 11%	• Iron 12%
Nutrition Grade C-	
* Based on a 2000 calorie diet	

Greek Yogurt Pancakes

Servings: 1

Ingredients

- 3/4 cup large flake oats, ground to a powder
- 1 egg
- 6-oz container Greek yogurt (use any flavour you want)

Directions

1. Blend all the ingredients with a hand blender
2. Heat pan to medium heat and lightly coat with olive oil
3. Drop spoonfuls of batter onto pan and cook one side for a few minutes until browned and then flip and cook other side until lightly browned

Notes

- Substitute the Homemade Cream Cheese recipe from the Heavenly Recipes Guide for the Greek yogurt

Nutrition Facts	
Serving Size 390 g	
Amount Per Serving	
Calories 322	Calories from Fat 61
% Daily Value*	
Total Fat 6.8g	10%
Saturated Fat 1.8g	9%
Trans Fat 0.0g	
Cholesterol 164mg	55%
Sodium 213mg	9%
Total Carbohydrates 40.9g	14%
Dietary Fiber 4.0g	16%
Sugars 20.2g	
Protein 23.6g	
Vitamin A 26%	• Vitamin C 2%
Calcium 36%	• Iron 63%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Peanut Butter Pancakes

Servings: 2

Ingredients

- 3/4 cup flour (spelt, whole wheat or buckwheat if you want gluten-free)
- 1/4 cup freshly ground flax
- 3 pinches stevia (more if you want sweeter)
- 1 tsp baking soda
- 1 egg
- 3 tbsp peanut butter (best to melt it a little bit over the stove first)
- 3/4 cup almond or coconut milk

Directions

1. Combine all ingredients and mix until completely combined
2. Heat pan to medium heat and lightly coat with coconut oil
3. Drop spoonfuls of batter onto pan and cook one side for a few minutes until browned and then flip and cook other side until lightly browned

Nutrition Facts	
Serving Size 192 g	
Amount Per Serving	
Calories 374	Calories from Fat 146
% Daily Value*	
Total Fat 16.2g	25%
Saturated Fat 3.3g	17%
Cholesterol 82mg	27%
Sodium 839mg	35%
Total Carbohydrates 46.1g	15%
Dietary Fiber 6.2g	25%
Sugars 2.5g	
Protein 15.1g	
Vitamin A 6%	Vitamin C 0%
Calcium 11%	Iron 22%
Nutrition Grade B+	
* Based on a 2000 calorie diet	

Moist Banana Yogurt Pancakes

Servings: 3

Ingredients

- 1 cup flour (whole wheat, spelt or buckwheat)
- 1 tsp baking soda
- 1/2 tsp sea salt
- 2 large eggs, beaten
- 1 cup yogurt
- 1 1/2 cup banana, mashed (about 2 bananas)
- 2 tbsp butter, melted

Directions

1. For best results, mix flour together with yogurt in a bowl and leave overnight at room temperature – it won't go bad, what happens is the bacteria in the yogurt partially digest the flour and break down gluten, if present
2. Mix mashed banana, butter and eggs together into the flour/yogurt mix until well combined
3. Mix dry ingredients together in a bowl then incorporate into the wet mix, a little lumpy is a-OK
4. Heat pan to medium heat and lightly coat with coconut oil
5. Drop batter onto pan and cook one side for a few minutes until browned and then flip and cook other side until lightly browned

Nutrition Facts	
Serving Size 93 g	
Amount Per Serving	
Calories 171	Calories from Fat 54
% Daily Value*	
Total Fat 6.0g	9%
Saturated Fat 2.5g	12%
Cholesterol 196mg	65%
Sodium 296mg	12%
Total Carbohydrates 4.4g	1%
Dietary Fiber 0.6g	2%
Sugars 1.9g	
Protein 24.4g	
Vitamin A 5%	Vitamin C 0%
Calcium 14%	Iron 9%
Nutrition Grade C+	
* Based on a 2000 calorie diet	