



Nicole Osinga

**High Protein & High Fibre
Pancake Bowl**

Nicole Osinga
nicoleosinga@gmail.com

Fruits

- ☐ 3 1/2 Banana

Breakfast

- ☐ 1 tbsp All Natural Peanut Butter

Seeds, Nuts & Spices

- ☐ 1 tbsp Cinnamon
- ☐ 1 tsp Nutmeg

Frozen

- ☐ 1/2 cup Frozen Berries

Vegetables

- ☐ 1/2 Carrot

Boxed & Canned

- ☐ 1 tsp Biscoff Cookie Butter

Baking

- ☐ 1 tbsp Baking Powder
- ☐ 1 tsp Cocoa Powder
- ☐ 1 tbsp Dark Chocolate Chips
- ☐ 2 cups Oat Flour
- ☐ 1/4 cup Pureed Pumpkin
- ☐ 1 tbsp Raisins
- ☐ 1 tbsp Vanilla Extract

Cold

- ☐ 3/4 cup Soy Milk
- ☐ 1 cup Unsweetened Coconut Yogurt

Other

- ☐ 1/4 cup Chocolate Protein Powder
- ☐ 6 Egg Replacer
- ☐ 1 1/4 cups Protein Powder



Double Chocolate Protein Pancake Bowl

1 serving

10 minutes

Ingredients

1/2 Banana
1 Egg Replacer
1/3 cup Oat Flour (or all purpose flour)
2 tbsps Unsweetened Coconut Yogurt
1/4 cup Chocolate Protein Powder (or more flour)
1/2 tsp Baking Powder
2 tbsps Soy Milk
1/2 tsp Vanilla Extract
1 tsp Cocoa Powder
1 tbsp Dark Chocolate Chips

Directions

- 1 Grease a microwavable bowl with cooking spray.
- 2 In a bowl, mash the banana, then add the wet ingredients. Stir in oat flour, protein powder (or more oat flour) and baking powder. Mix until a smooth batter forms - if it is too thick, gradually add 1-2 tbsps of milk as needed.
- 3 Transfer the batter to the prepared bowl. Stir in the cocoa powder and top with chocolate chips.
- 4 Microwave on high for 3-5 minutes. If the batter rises too much, pause and restart in short intervals. Enjoy!

Nutrition

Amount per serving	
Calories	428
Fat	10g
Carbs	54g
Fiber	7g
Sugar	16g
Protein	29g
Cholesterol	4mg
Sodium	303mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	374mg
Iron	3mg



Very Berry Protein Pancake Bowl

1 serving

10 minutes

Ingredients

1/2 Banana
1 Egg Replacer
2 tbsps Unsweetened Coconut Yogurt
1/3 cup Oat Flour (or all purpose flour)
1/4 cup Protein Powder (or more flour)
1/2 tsp Baking Powder
2 tbsps Soy Milk
1/2 tsp Vanilla Extract
1/2 cup Frozen Berries

Nutrition

Amount per serving	
Calories	374
Fat	5g
Carbs	55g
Fiber	9g
Sugar	16g
Protein	28g
Cholesterol	4mg
Sodium	303mg
Vitamin A	38IU
Vitamin C	25mg
Calcium	385mg
Iron	3mg

Directions

- 1 Grease a microwavable bowl with cooking spray.
- 2 In a bowl, mash the banana, then add the wet ingredients. Stir in oat flour, protein powder (or more oat flour) and baking powder. Mix until a smooth batter forms - if it is too thick, gradually add 1-2 tbsps of milk as needed.
- 3 Transfer the batter to the prepared bowl. Stir in the berries and leave some for topping.
- 4 Microwave on high for 3-5 minutes. If the batter rises too much, pause and restart in short intervals. Enjoy!



Cinnamon Biscoff Protein Pancake Bowl

1 serving

10 minutes

Ingredients

1/2 Banana
1 Egg Replacer
2 tbsps Unsweetened Coconut Yogurt
1/3 cup Oat Flour (or all purpose flour)
1/4 cup Protein Powder (or more flour)
1/2 tsp Baking Powder
2 tbsps Soy Milk
1/2 tsp Vanilla Extract
1 tsp Cinnamon
1 tsp Biscoff Cookie Butter

Directions

- 1 Grease a microwavable bowl with cooking spray.
- 2 In a bowl, mash the banana, then add the wet ingredients. Stir in oat flour, protein powder (or more oat flour) and baking powder. Mix until a smooth batter forms - if it is too thick, gradually add 1-2 tbsps of milk as needed.
- 3 Transfer the batter to the prepared bowl. Sprinkle with cinnamon and swirl biscoff on top.
- 4 Microwave on high for 3-5 minutes. If the batter rises too much, pause and restart in short intervals. Enjoy!

Nutrition

Amount per serving	
Calories	370
Fat	8g
Carbs	49g
Fiber	8g
Sugar	10g
Protein	29g
Cholesterol	4mg
Sodium	326mg
Vitamin A	45IU
Vitamin C	5mg
Calcium	399mg
Iron	3mg



Peanut Butter Banana Protein Pancake Bowl

1 serving

10 minutes

Ingredients

1 Banana (reserve half of the banana for topping)
1 Egg Replacer
2 tbsps Unsweetened Coconut Yogurt
1/3 cup Oat Flour (or all purpose flour)
1/4 cup Protein Powder (or more flour)
1/2 tsp Baking Powder
2 tbsps Soy Milk
1/2 tsp Vanilla Extract
1 tbsp All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	482
Fat	13g
Carbs	62g
Fiber	9g
Sugar	18g
Protein	32g
Cholesterol	4mg
Sodium	306mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	383mg
Iron	3mg

Directions

- 1 Grease a microwavable bowl with cooking spray.
- 2 In a bowl, mash the banana, then add the wet ingredients. Stir in oat flour, protein powder (or more oat flour) and baking powder. Mix until a smooth batter forms - if it is too thick, gradually add 1-2 tbsps of milk as needed.
- 3 Transfer the batter to the prepared bowl. Stir in peanut butter and top with banana slices.
- 4 Microwave on high for 3-5 minutes. If the batter rises too much, pause and restart in short intervals. Enjoy!



Pumpkin Pie Protein Pancake Bowl

1 serving
10 minutes

Ingredients

1/2 Banana
1 Egg Replacer
2 tbsps Unsweetened Coconut Yogurt
1/3 cup Oat Flour (or all purpose flour)
1/4 cup Protein Powder (or more flour)
1/2 tsp Baking Powder
2 tbsps Soy Milk
1/2 tsp Vanilla Extract
1/4 cup Pureed Pumpkin
1 tsp Cinnamon
1 tsp Nutmeg

Directions

- 1 Grease a microwavable bowl with cooking spray.
- 2 In a bowl, mash the banana, then add the wet ingredients. Stir in oat flour, protein powder (or more oat flour) and baking powder. Mix until a smooth batter forms - if it is too thick, gradually add 1-2 tbsps of milk as needed.
- 3 Transfer the batter to the prepared bowl. Stir in pumpkin puree, cinnamon and nutmeg.
- 4 Microwave on high for 3-5 minutes. If the batter rises too much, pause and restart in short intervals. Optional - top with yogurt. Enjoy!

Nutrition

Amount per serving	
Calories	372
Fat	6g
Carbs	53g
Fiber	10g
Sugar	11g
Protein	28g
Cholesterol	4mg
Sodium	307mg
Vitamin A	9580IU
Vitamin C	8mg
Calcium	418mg
Iron	4mg



Carrot Cake Protein Pancake Bowl

1 serving
10 minutes

Ingredients

1/2 Banana
1 Egg Replacer
1/4 cup Unsweetened Coconut Yogurt
(two tbsp for topping)
1/3 cup Oat Flour (or all purpose flour)
1/4 cup Protein Powder (or more flour)
1/2 tsp Baking Powder
2 tbsps Soy Milk
1/2 tsp Vanilla Extract
1/2 Carrot (shredded)
1 tsp Cinnamon
1 tbsp Raisins

Directions

- 1 Grease a microwavable bowl with cooking spray.
- 2 In a bowl, mash the banana, then add the wet ingredients. Stir in oat flour, protein powder (or more oat flour) and baking powder. Mix until a smooth batter forms - if it is too thick, gradually add 1-2 tbsp of milk as needed.
- 3 Transfer the batter to the prepared bowl. Stir in the shredded carrots and cinnamon.
- 4 Microwave on high for 3-5 minutes. If the batter rises too much, pause and restart in short intervals. Top with more yogurt and sprinkle with raisins.

Nutrition

Amount per serving	
Calories	397
Fat	6g
Carbs	60g
Fiber	10g
Sugar	17g
Protein	28g
Cholesterol	4mg
Sodium	333mg
Vitamin A	5141IU
Vitamin C	7mg
Calcium	477mg
Iron	3mg