



Christmas Sheet Pan Pancakes

Fruits

- 1 Banana
- 2 Clementines
- 2 tbsps Orange Zest
- 1/2 cup Pomegranate Seeds

Breakfast

- 3 1/16 cups Maple Syrup

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 1 1/2 tsps Cinnamon

Frozen

- 1/2 cup Frozen Cranberries
- 1 cup Frozen Raspberries

Baking

- 1/3 cup Baking Powder
- 2 ozs Dark Chocolate Chips
- 1 oz Graham Crackers
- 18 cups Oat Flour
- 2 tbsps Unsweetened Coconut Flakes
- 1/4 cup Vanilla Extract

Condiments & Oils

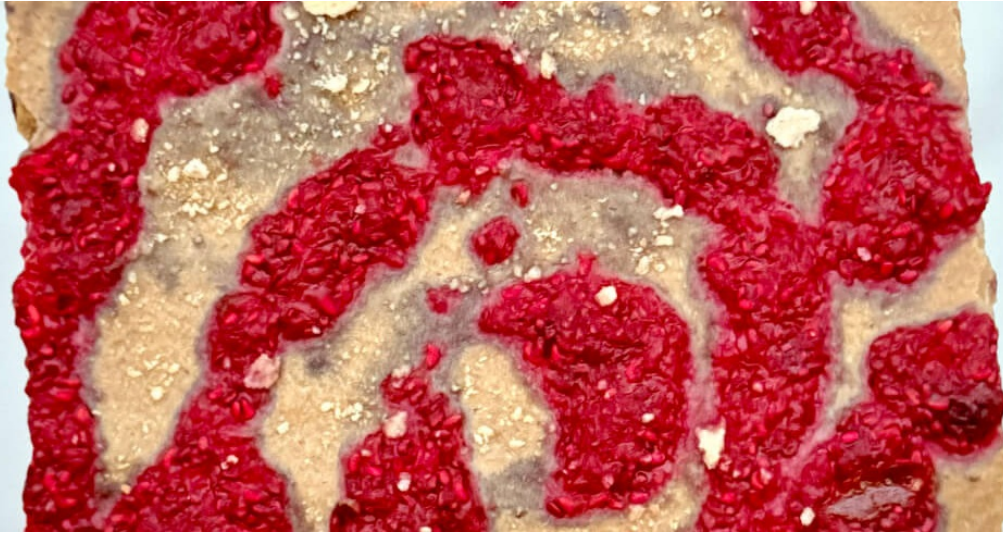
- 2 tbsps Coconut Oil

Cold

- 6 cups Soy Milk
- 6 cups Soy Yogurt

Other

- 24 Egg Replacer
- 6 cups Vanilla Protein Powder



Raspberry Cheesecake Sheet Pan Pancakes

6 servings
20 minutes

Ingredients

- 4 Egg Replacer
- 1 cup Soy Yogurt
- 3 cups Oat Flour
- 1 cup Vanilla Protein Powder
- 1 cup Soy Milk
- 1/2 cup Maple Syrup
- 2 tsps Vanilla Extract
- 1 tbsp Baking Powder
- 1 cup Frozen Raspberries (thawed)
- 2 tsps Chia Seeds
- 1 oz Graham Crackers (crushed)

Nutrition

Amount per serving	
Calories	453
Fat	7g
Carbs	75g
Fiber	9g
Sugar	20g
Protein	23g
Cholesterol	3mg
Sodium	323mg
Vitamin A	17IU
Vitamin C	4mg
Calcium	365mg
Iron	3mg

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 Add all of the ingredients except the raspberries, chia seeds and graham crackers, into a high speed blender. Blend until smooth.
- 3 Crush the raspberries with a fork and mix in chia seeds. Let sit for 5 minutes.
- 4 Transfer the pancake batter to the prepared baking pan. Swirl with the raspberry mixture and top with graham crackers crumbs.
- 5 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the centre comes out clean. Before serving, slice your pancakes into 6. Enjoy!



Cranberry Orange Sheet Pan Pancakes

6 servings
20 minutes

Ingredients

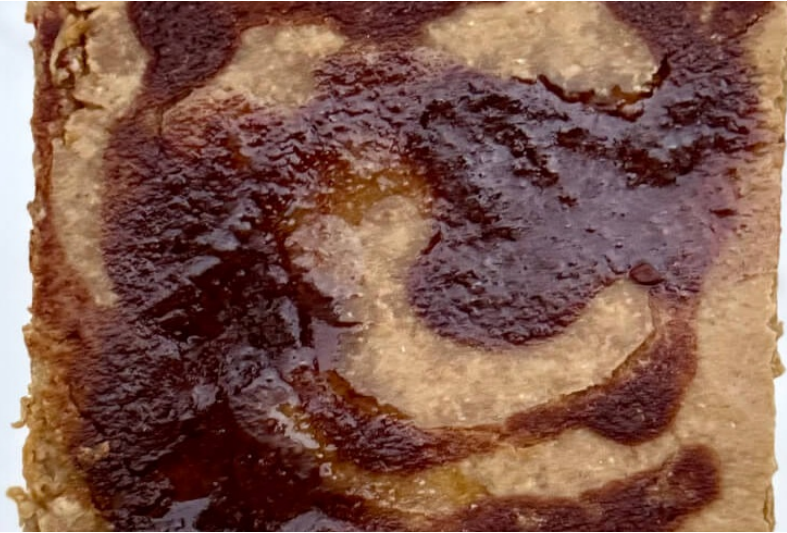
4 Egg Replacer
1 cup Soy Yogurt
3 cups Oat Flour
1 cup Vanilla Protein Powder
1 cup Soy Milk
1/2 cup Maple Syrup
2 tsps Vanilla Extract
1 tbsp Baking Powder
1/2 cup Frozen Cranberries (thawed)
2 tsps Orange Zest

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 Add all of the ingredients except the cranberries and orange zest into a high speed blender. Blend until smooth.
- 3 Transfer the pancake batter to the prepared baking pan. Top with the cranberries and orange zest.
- 4 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the centre comes out clean. Before serving, slice your pancakes into 6. Enjoy!

Nutrition

Amount per serving	
Calories	409
Fat	6g
Carbs	69g
Fiber	7g
Sugar	18g
Protein	23g
Cholesterol	3mg
Sodium	292mg
Vitamin A	14IU
Vitamin C	4mg
Calcium	318mg
Iron	3mg



Cinnamon Swirl Sheet Pan Pancakes

6 servings
20 minutes

Ingredients

4 Egg Replacer
1 cup Soy Yogurt
3 cups Oat Flour
1 cup Vanilla Protein Powder
1 cup Soy Milk
1/2 cup Maple Syrup
2 tsps Vanilla Extract
1 tbsp Baking Powder
1 1/2 tsps Cinnamon
2 tsps Coconut Oil (melted)
1 tbsp Maple Syrup (crushed)

Nutrition

Amount per serving	
Calories	445
Fat	10g
Carbs	68g
Fiber	7g
Sugar	18g
Protein	23g
Cholesterol	3mg
Sodium	291mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	320mg
Iron	3mg

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 Add all of the ingredients except the cinnamon, coconut oil and maple syrup, into a high speed blender. Blend until smooth.
- 3 Mix together the cinnamon with the melted coconut oil and maple syrup.
- 4 Transfer the pancake batter to the prepared baking pan. Swirl with the cinnamon mixture.
- 5 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the centre comes out clean. Before serving, slice your pancakes into 6. Enjoy!



Banana Coconut Sheet Pan Pancakes

6 servings
20 minutes

Ingredients

4 Egg Replacer
1 cup Soy Yogurt
3 cups Oat Flour
1 cup Vanilla Protein Powder
1 cup Soy Milk
1/2 cup Maple Syrup
2 tsps Vanilla Extract
1 tbsp Baking Powder
1 Banana (sliced)
2 tsps Unsweetened Coconut Flakes

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 Add all of the ingredients except the banana and coconut flakes into a high speed blender. Blend until smooth.
- 3 Transfer the pancake batter to the prepared baking pan. Top with the banana and coconut flakes.
- 4 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the centre comes out clean. Before serving, slice your pancakes into 6. Enjoy!

Nutrition

Amount per serving	
Calories	431
Fat	7g
Carbs	72g
Fiber	7g
Sugar	20g
Protein	23g
Cholesterol	3mg
Sodium	292mg
Vitamin A	13IU
Vitamin C	2mg
Calcium	315mg
Iron	3mg



Chocolate Pomegranate Sheet Pan Pancakes

6 servings
20 minutes

Ingredients

- 4 Egg Replacer
- 1 cup Soy Yogurt
- 3 cups Oat Flour
- 1 cup Vanilla Protein Powder
- 1 cup Soy Milk
- 1/2 cup Maple Syrup
- 2 tsps Vanilla Extract
- 1 tbsp Baking Powder
- 1/2 cup Pomegranate Seeds
- 1 oz Dark Chocolate Chips

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 Add all of the ingredients except the pomegranate and chocolate chips into a high speed blender. Blend until smooth.
- 3 Transfer the pancake batter to the prepared baking pan. Top with the pomegranate and chocolate chips
- 4 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the centre comes out clean. Before serving, slice your pancakes into 6. Enjoy!

Nutrition

Amount per serving	
Calories	441
Fat	7g
Carbs	72g
Fiber	7g
Sugar	21g
Protein	23g
Cholesterol	3mg
Sodium	291mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	315mg
Iron	3mg



Chocolate Orange Sheet Pan Pancakes

6 servings
20 minutes

Ingredients

- 4 Egg Replacer
- 1 cup Soy Yogurt
- 3 cups Oat Flour
- 1 cup Vanilla Protein Powder
- 1 cup Soy Milk
- 1/2 cup Maple Syrup
- 2 tsps Vanilla Extract
- 1 tbsp Baking Powder
- 2 Clementines
- 1 oz Dark Chocolate Chips

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 Add all of the ingredients except the clementines and chocolate chips into a high speed blender. Blend until smooth.
- 3 Transfer the pancake batter to the prepared baking pan. Top with the clementines and chocolate chips
- 4 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the centre comes out clean. Before serving, slice your pancakes into 6. Enjoy!

Nutrition

Amount per serving	
Calories	443
Fat	7g
Carbs	72g
Fiber	7g
Sugar	22g
Protein	23g
Cholesterol	3mg
Sodium	292mg
Vitamin A	0IU
Vitamin C	12mg
Calcium	321mg
Iron	3mg