



Nutritiously Simple Pancake Recipes

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FRUITS

- 4 Banana
- 1 cup Blueberries
- 1/4 Lemon

BREAKFAST

- 1 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 2 1/2 tsps Cinnamon
- 2 tbsps Ground Flax Seed
- 1/4 tsp Sea Salt

VEGETABLES

- 1 Red Onion
- 1 cup Russet Potato
- 2 Sweet Potato
- 1 1/2 cups Zucchini

BAKING

- 1/4 tsp Baking Soda
- 1/2 cup Coconut Flour
- 1/2 cup Oats
- 1/4 cup Whole Wheat Pastry Flour

CONDIMENTS & OILS

- 1 tbsp Dijon Mustard
- 3 Olive Oil Spray

COLD

- 2 cups Egg Whites
- 1 2/3 cups Egg Whites (Or Egg Substitute)
- 2/3 cup Unsweetened Almond Milk

OTHER

- 1/2 cup Protein Powder

Sweet Potato Pancakes

2 SERVINGS 20 MINUTES



INGREDIENTS

- 2 Sweet Potato (small)
- 1 cup Egg Whites
- 1/2 tsp Cinnamon
- 2 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	229	Fiber	4g
Fat	0g	Sugar	18g
Saturated	0g	Protein	15g
Trans	0g	Cholesterol	0mg
Carbs	41g	Sodium	276mg

DIRECTIONS

- 01 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 02 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the egg whites and mix well.
- 03 Heat a large nonstick skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto 2 plates and top with cinnamon and maple syrup. Enjoy!

NOTES

SPICE IT UP

Add nutmeg and/or ginger spice.

TOPPINGS

Top with banana slices, fresh fruit, or pureed fruit sauce.

Blueberry Banana Protein Pancakes.

4 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Egg Whites (Or Egg Substitute)
1/2 cup Protein Powder
2 tbsps Ground Flax Seed
2 Banana
2 tbsps Unsweetened Almond Milk
1/2 cup Oats
2 tsp Cinnamon
1/2 cup Blueberries
1 Olive Oil Spray (a couple sprays)
1/4 cup Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	233	Fiber	5g
Fat	2g	Sugar	21g
Saturated	0g	Protein	16g
Trans	0g	Cholesterol	2mg
Carbs	39g	Sodium	78mg

DIRECTIONS

- 01 In a mixing bowl or magic bullet, mix the egg whites, protein powder, flax seed, banana, almond milk, cinnamon and oats.
- 02 Stir blueberries into mixture.
- 03 Heat a frying pan over medium-low heat. Spray pan with cooking spray. Pour in batter and cook pancakes about 2 minutes per side.
- 04 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

NOTES

EGG-FREE

Swap out the egg whites for flax eggs. For every 1/4 egg whites, replace it with 1 tbsp ground flax seed mixed with 3 tbsp water.

FREEZE

Save extra pancakes in a sealed container or freezer bag in the freezer for another meal.

Blueberry & Lemon Pancakes.

5 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Egg Whites
1/2 cup Coconut Flour
1/2 cup Unsweetened Almond Milk
1/4 tsp Baking Soda
1/2 cup Maple Syrup (divided)
1/4 Lemon (juiced, zested)
1/2 cup Blueberries (divided)

NUTRITION

AMOUNT PER SERVING

Calories	167	Fiber	4g
Fat	2g	Sugar	22g
Saturated	2g	Protein	7g
Trans	0g	Cholesterol	0mg
Carbs	30g	Sodium	188mg

DIRECTIONS

- 01 In a large bowl, whisk the eggs, coconut flour, & almond milk until combined.
- 02 To the same bowl, add in the baking soda, half of the maple syrup, lemon juice and zest. Once the mixture is smooth, fold in half of the blueberries.
- 03 Heat a large non-stick skillet over medium heat and spritz with canola oil spray lightly as needed. Once the pan is hot, pour the batter into the skillet, making each pancake about 3-inches wide. Work in batches being sure not to overcrowd the skillet.
- 04 Cook on each side for roughly 3 to 4 minutes, or until small holes begin to appear on the surface of the pancake. Repeat until batter is finished.
- 05 Top the pancakes with the remaining blueberries and maple syrup. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months. For best results, reheat in a pan with oil on medium heat or pop in the toaster if frozen.

SERVING SIZE

One serving is roughly two pancakes.

ADDITIONAL TOPPINGS

Top with nuts, seeds, yogurt or nut butter.

NO BLUEBERRIES

Use strawberries, blackberries, or raspberries instead.

Simple Banana Pancakes.

2 SERVINGS 20 MINUTES



INGREDIENTS

- 2 Banana (ripe)
- 1 cup Egg Whites (Or Egg Substitute) (in a carton)
- 2 tbsps Maple Syrup
- 2 Olive Oil Spray (to spritz pan lightly)

NUTRITION

AMOUNT PER SERVING

Calories	220	Fiber	3g
Fat	1g	Sugar	27g
Saturated	0g	Protein	15g
Trans	0g	Cholesterol	0mg
Carbs	41g	Sodium	205mg

DIRECTIONS

- 01 In a bowl, mash the bananas very well until quite smooth. Add the egg whites and maple syrup. Beat gently with a fork for about 30 seconds.
- 02 Heat a non-stick skillet over medium heat. Spritz with olive oil spray as needed. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 03 Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

NOTES

LIKES IT SWEET

Add blueberries or chocolate chips into the batter.

Zucchini-Potato Pancakes

8 SERVINGS 40 MINUTES



INGREDIENTS

- 1 1/2 cups Zucchini (shredded, about 1 medium)
- 1 cup Russet Potato (shredded, 1-2 potatoes)
- 1 Red Onion (medium, finely chopped)
- 1/4 cup Whole Wheat Pastry Flour (1/4-1/2 cup)
- 2 tbsps Egg Whites (Or Egg Substitute)
- 1 tbsp Dijon Mustard
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	37	Fiber	1g
Fat	0g	Sugar	1g
Saturated	0g	Protein	1g
Trans	0g	Cholesterol	0mg
Carbs	7g	Sodium	101mg

DIRECTIONS

- 01 Squeeze water out of shredded zucchini using a paper towel.
- 02 Combine zucchini, potatoes, onion, flour, egg whites, salt, and pepper in a large bowl. Mix together well. Once combined, you can use your hands to mix a little more. Add a little flour if the mixture is too sticky.
- 03 Cover baking sheet with a silicon pad or parchment paper. Using a 1/2 cup scoop, place mound of mixture on baking sheet. Using a spatula (spray first with cooking spray), flatten the mounds into pancakes.
- 04 Place baking sheet in the freezer for 10-15 minutes to make them more firm.
- 05 Place pancakes on air fryer rack. Cook at 350F for 10 minutes.
- 06 Flip as needed and continue to bake for another 10 minutes or until golden brown.

NOTES

NO AIR FRYER

You can bake on a sheet pan with parchment paper or a silicon pad. 375F. Check at 10-15 minutes. Flip the pancakes. Bake another 10-15 minutes.

LIKE THEM CRISPY

Spritz with olive oil spray before putting in the oven or air fryer.

MAKE IT MORE FLAVORFUL

Add in 1 tsp onion or garlic powder or parsley or a little hot sauce to give it a kick.

SERVE WITH

Apple sauce or a little non fat Greek yogurt.

VEGAN

Substitute the egg whites with aquafaba (the liquid from chickpeas). It works well as an egg substitute in recipes.