

Spinach Oatmeal Protein Pancakes

vegan, dairy-free, gluten-free

Recipe by Jentry Lee Hull

Yields 20 pancakes

For this recipe, you'll need:

- Almond Flour
- Oat Flour (use gluten-free if needed)
- Baking Powder
- Pink Himalayan Salt (or fine kosher salt)
- Cinnamon
- Ripe bananas (spotted)
- Fresh spinach
- Evolve ® **Plant-Based Protein & Greens Powder Mixed Berry** (available on [Amazon](#)), or other protein powder of choice
- Coconut oil, melted
- Maple Syrup
- Pure Vanilla Extract
- Chia Seeds
- Unsweetened Plain Plant Milk (I used **Ripple Unsweetened Original**, available at most grocery stores)
- Apple cider vinegar (or white vinegar)
- Berries
- Almond Butter/Peanut Butter/Nut Butter of choice
- Blender
- Food Processor
- Mixer or whisk
- Skillet
- Spatula
- Measuring Cup

Ingredients

- 1 cup Almond Flour *
- 3 cups Oat Flour (use gluten-free if needed)*
- 2 Tbsp Baking Powder
- 1 tsp pink Himalayan Salt (or fine kosher salt)
- 2 tsp Cinnamon

- 3 ripe bananas (spotted)
- 1 handful fresh spinach
- 1 scoop Evolve ® **Plant-Based Protein & Greens Powder Mixed Berry** (available on [Amazon](#)), or other protein powder of choice
- 3 Tbsp Coconut oil, melted
- 2 Tbsp Maple Syrup
- 1 Tbsp Pure Vanilla Extract
- 2 Tbsp Chia Seeds
- 20 fl oz. (2 1/2 cups) Unsweetened Plain Plant Milk (I used **Ripple Unsweetened Original**, available at most grocery stores)*
- 1 Tbsp apple cider vinegar (or white vinegar)*

Method

- In a large mixing bowl, combine almond flour, oat flour, baking powder, salt, and cinnamon.
- In a blender, combine ripe bananas, spinach, Evolve ®, coconut oil, maple syrup, pure vanilla extract, chia seeds, milk, and vinegar. Blend until creamy.
- In a new large mixing bowl, pour in the wet mixture from the blender, scrape down the sides of the blender with a spatula.
- Slowly combine the dry flour mixture into the wet mixture, using a metal fork/whisk or mixer. Stir until the flour is fully incorporated.
- Within a couple minutes the oats will start to absorb the moisture, so it will begin to thicken slightly.
- If mixture is too thick (like a paste), add more milk if needed (2 Tbsp at a time) until mixture is smooth and creamy.
- Once mixture is ready, heat nonstick pan or flat griddle over low-medium heat.
- Test readiness of griddle by splashing a few drops of water. If the water dances on the surface, it's ready to go.
- Using a 1/3 cup measuring cup, scoop mixture onto griddle and cook batter until bubbles start to form around the edges (about 2 minutes).
- Rest measuring cup separately in a small dish/plate, so it doesn't sink into the batter mixture.
- Flip with a silicon spatula (not metal if using a nonstick pan) and cook for another 2 minutes, or until golden brown on both sides.
- Continue this process until all batter is used.
- Top pancakes with fruit (berries and sliced banana), sliced almonds or almond butter, hemp hearts (for extra protein and omegas), maple syrup, or any other toppings that speak to you.

- This recipe yields about 20 pancakes, so any leftovers can be stored in the fridge for up to 5 days or frozen for up to 2 months.
- To reheat leftovers, a toaster oven works best.

Notes

- If almond flour isn't available, try almond meal (available at most grocery stores).
- Oat flour is easy to make at home and it's much more economical than buying ready-made. Just blend rolled oats in a blender or food processor until finely ground.
- Plant milk consistencies vary, depending on the ingredients. Any plant milk can be used for this, but I recommend milks with a thicker mouthfeel (Ripple milk, which is made from peas, works well. So does soy milk).
- The vinegar helps to create a "buttermilk", which makes for a fluffier pancake.

Spinach Oatmeal Protein Pancakes

Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 176	
% Daily Value *	
Total Fat 6 g	10%
Saturated Fat 2 g	12%
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 166 mg	7%
Potassium 240 mg	7%
Total Carbohydrate 26 g	9%
Dietary Fiber 5 g	19%
Sugars 5 g	
Protein 6 g	13%
Vitamin A	10%
Vitamin C	5%
Calcium	8%
Iron	11%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	