



## VANILLA BERRY PROTEIN PANCAKES

High Protein / Gluten Free / Clean Eating

Recipe by Sari (@feed.your.soul.sari) and featured on [MariGoldBars.com](https://MariGoldBars.com)

*"I took my classic banana pancake recipe and upgraded it with mixed berries and vanilla protein!  
This stack is gluten-free, fluffy, fruity, and packed with clean protein thanks to @marigoldbars!"*

- Sari

### INGREDIENTS:

- 1/2 cup oat flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/8 tsp salt
- 1/4 cup mashed banana
- 1 scoop MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1/2 cup almond milk
- 1/4 cup fresh or frozen mixed berries

### Toppings (optional - this is what I used)

- Banana slices
- Fresh blueberries, raspberries, and blackberries
- Mixed nut butter
- Greek Yogurt
- Toasted buckwheat

### DIRECTIONS:

1. Preheat a skillet with nonstick spray
2. Mix together all pancake ingredients until smooth (you can add more almond milk if needed), then fold in the mixed berries gently so as not to break them.
3. Pour batter in 1/4 cup scoops onto skillet. Cook until bubbles form, then disappear. Flip and cook for two more minutes on the other side. Repeat until the batter is gone.
4. Stack and add your favorite toppings!
5. Enjoy!



Featuring MariGold  
Creamy Vanilla Whey Isolate  
Protein Powder  
([MariGoldBars.com](https://MariGoldBars.com))

