

PROTEIN PANCAKES

Ingredients (makes 4-5 small pancakes):

- 1 scoop (30g) MyProtein Unsweetened Whey powder
- 1/2 cup (50g) flour
- 1/2 teaspoon baking powder
- 1/2 cup (120ml) Soya milk (or any milk of choice)
- 1 large egg
- 1/2 teaspoon cinnamon (optional)
- A pinch of salt
- Cooking spray or a small amount of oil for the pan



1. Blend the ingredients: Combine all the ingredients in a blender and blend until smooth. If you don't have a blender, whisk everything together in a bowl
2. Heat the pan: Spray a non-stick skillet with cooking spray or lightly coat it with oil. Heat the skillet over medium heat.
3. Cook the pancakes: Pour small amounts of the batter into the pan to form pancakes. Cook each pancake for 2-3 minutes on one side, or until bubbles form and the edges look set. Flip and cook for another 1-2 minutes on the other side.
4. Serve: Stack the pancakes and serve with your favourite toppings such as fresh fruit, Greek yogurt, nuts, or a drizzle of honey or sugar-free syrup.

Protein link: <https://amzn.to/3Pz1QXM> (vegan) / <https://amzn.to/4jgfm04> (whey)
Agave Maple syrup: <https://amzn.to/3DQtltz>

Ingredients (Makes 4-5 Small Pancakes):

- 1 scoop (30g) MyProtein Unsweetened Whey or Pea Protein Powder
 - Carbs: 0.5g per gram × 30g = 15g
- 1/2 cup (50g) Flour
 - Carbs: 73g per 100g × 50g = 36.5g
- 1/2 teaspoon Baking Powder (~2g)
 - Carbs: 0g (negligible) = 0g
- 1/2 cup (120ml) Unsweetened Soya Milk
 - Carbs: 2.9g per 100ml × 120ml = 3.48g
- 1 Large Egg
 - Carbs: ~0.6g = 0.6g
- 1/2 teaspoon Cinnamon (~1g) (optional)
 - Carbs: 0.8g per gram × 1g = 0.8g
- 2 teaspoons (10g) Biona Maple Agave Syrup
 - Carbs: 71g per 100g × 10g = 7.1g
- Cooking Spray or a Small Amount of Oil (for the pan)
 - Carbs: 0g = 0g

Total Carbohydrates for the Entire Recipe:

15g (Whey Protein)+36.5g (Flour)+0g (Baking Powder)+3.48g (Soya Milk)+0.6g (Egg)+0.8g (Cinnamon)+7.1g (Agave Syrup)=63.48g

Carbohydrates Per Pancake:

If the recipe makes 4.5 pancakes on average:

$63.48 / 4.5 \approx 14.0g$

If you use a 1:10 insulin-to-carbohydrate ratio, 14g of carbs would calculate to 1.4 units of insulin. Most insulin pens dose in whole units, ie. choosing between 1 or 2 units. Because berries are lower in carbohydrates and tend to have a gentler glycaemic impact, some people choose to round up to 2 units to include them in recipes like this.

Not medical advice. Insulin needs and rounding decisions vary by individual. Always follow your own care plan or guidance from your diabetes team.

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