EASY HIGH PROTEIN RECIPES

EASY HOTCAKE CHECKLIST

Pantry ingredients, skillet cues, and a simple morning game plan.

INGREDIENTS | ABOUT 10 SMALL HOTCAKES

- [ ] 1 1/2 cups (180 g) all-purpose flour
- [ ] 2 tbsp granulated sugar
- [ ] 2 tsp baking powder
- [ ] 1/4 tsp fine salt
- [ ] 1 1/4 cups (300 ml) milk
- [ ] 1 large egg
- [ ] 2 tbsp melted butter or neutral oil
- [ ] 1 tsp vanilla (optional)

7-STEP COOKING FLOW

- [ ] Whisk dry ingredients in a large bowl.
- [ ] Whisk milk, egg, cooled melted butter/oil and vanilla.
- [ ] Fold wet into dry; leave a few small lumps.
- [ ] Let batter stand 5 minutes while pan warms.
- [ ] Use a lightly greased skillet over medium-low heat.
- [ ] Pour 1/4 cup batter; watch for set edges and bubbles.
- [ ] Flip once; cook until the center is set.

PAN AND TEXTURE CHECK

- [ ] Brown outside, raw middle? Lower the heat; make smaller rounds.
- [ ] Pale and flat? Check baking powder and preheat the pan.
- [ ] Tough texture? Stir the next batch less; small lumps are fine.

SAFETY & STORAGE

Cook the egg-containing batter through. Refrigerate leftovers promptly; reheat thoroughly.

Food safety guidance: FDA / USDA. Recipe yield varies with pan and pour size.