

# Protein Power Pancakes

*This recipe makes 5 cups of batter*



## Ingredients

**1 block** extra firm tofu  
**2 cups** milk  
**1 tbsp** maple syrup  
  
**2 cups** flour  
**1 tsp** baking powder  
**½ tsp** vanilla

## Directions:

1. In a blender, combine the tofu, milk, and maple syrup. Blend until smooth and creamy.
2. In a large mixing bowl, whisk together the flour, baking powder, and vanilla extract.
3. Pour the blended tofu mixture into the dry ingredients. Stir until just combined—be careful not to overmix.
4. Line your trays with parchment paper and pour the batter evenly, using portion dividers to create 10 equal servings.
5. Pre Freeze when possible
6. Freeze dry (my cycle time was 26 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 3/4 cup of milk or water to one portion of the freeze-dried pancake mix (1 of 10 portions). Let the mixture sit for a few minutes to fully absorb the liquid, then whisk again until smooth. Cook as desired.

## Notes:

For fluffier pancakes, use milk instead of water when rehydrating.

## Nutritional Value Per 1 /10th portion

Calories: 140 Protein: 6 g Fat: 3 g Carbohydrates: 23 g Sugar: 4 g Fiber: 3 g