



Kodiak Powered-Up Protein Pancakes

2 servings

15 minutes

Ingredients

2/3 cup Kodiak Power Cake Mix
 1/2 cup Water (adjust for texture)
 1/4 cup Vanilla Protein Powder (1/4 cup
 = 1 scoop)
 2 Egg
 1 tsp Cinnamon (optional)

Nutrition

Amount per serving	
Calories	264
Fat	6g
Carbs	26g
Fiber	4g
Sugar	3g
Protein	26g

Directions

- 1 Use any super easy pancake mix + water, but we're enhancing it with a little extra protein!
- 2 Put all ingredients into blender and mix well.
- 3 Spray a small 9" frying pan with non-stick oil spray and heat up.
- 4 Pour a little of the mixture into pan. Cook on each side on medium/high heat for about 3-4 minutes, until golden brown on each side. Continue to make the rest. This recipe will make about 3-4 small pancakes or 2 bigger ones. Our calories and macros values are for half of the mixture.

Notes

Try warm berries instead of syrup: Heat up 1/2 to 1 cup of frozen blueberries in the microwave and pour over pancake!

Texture a little denser: Note: your pancake will be a little denser than your typical Aunt Jemima pancake!

CINNAMON & WEIGHT LOSS: Cinnamon slows the rate of digestion after eating, reducing the rise in blood sugar after eating. If you're struggling with cravings for sweet or carbohydrates that's impeding your weight loss efforts, add cinnamon to your foods daily.

TO-GO SNACK: Make a few of these pancakes and store in sandwich baggies for easy to-go snacks, they're even tasty cold!

Add Banana: Add 1/2 to a full banana when blending everything up for a sweeter & more moist pancake - this will add just a little more carbs, of course.