



VITAL CUISINE® Peanut Butter Banana Protein Pancakes





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INGREDIENTS

3 Servings / 9 Pancakes

DRY INGREDIENTS

- 1/2 cup whole wheat flour
- 2 (8 g) packets Item: 15309
- or
- 2 scoops **VITAL CUISINE® PROPASS® Whey Protein Supplement** Item: 13126
- 1 tsp baking powder
- 2 tsp brown sugar

WET INGREDIENTS

- 1/4 cup mashed banana, (about 1/2 large banana)
- 1 egg
- 2/3 cup **VITAL CUISINE® 500 Vanilla Shake** Item: 72504
- or
- VITAL CUISINE® Vanilla Shake Mix** Item: 28289, prepared with whole milk
- 3 Tbsp peanut butter, creamy or chunky, all natural
- 1 Tbsp butter, melted

DIRECTIONS

1. In a mixing bowl, combine flour, **VITAL CUISINE® PROPASS® Whey Protein**, baking powder, brown sugar and salt and stir well.
2. In a separate bowl, stir together mashed banana, egg, prepared **VITAL CUISINE® Shake**, peanut butter, and melted butter.
3. Add the wet ingredients to the dry and stir until well blended, scraping the side of bowl as necessary.
4. Drop about 1/4 cup of batter onto a hot griddle or skillet coated with cooking spray.
5. Cook for 1-2 minutes or until bubbles start to form on the surface. Flip and cook another 1-2 minutes or until lightly browned. (Griddle temperatures may vary so adjust cooking time accordingly.)
6. Portion 3 pancakes per serving.
7. Serve with sliced bananas and syrup

NUTRITION

Using **VITAL CUISINE® 500 Shake**

Serving Size:
3 Pancakes

Calories: 390

Total Fat: 19g

Saturated Fat: 5g

Trans Fat: 0g

Cholesterol: 90mg

Sodium: 340mg

Total Carbs: 37g

Dietary Fiber: 4g

Total Sugars: 10g

Added Sugars: 6g

Protein: 18g

Vitamin D: 0% DV

Calcium: 20% DV

Iron: 8% DV

Potassium: 6% DV

Using **VITAL CUISINE® Shake Mix prepared with whole milk**

Serving Size:
3 Pancakes

Calories: 340

Total Fat: 16g

Saturated Fat: 5g

Trans Fat: 0g

Cholesterol: 95mg

Sodium: 300mg

Total Carbs: 33g

Dietary Fiber: 4g

Total Sugars: 13g

Added Sugars: 6g

Protein: 16g

Vitamin D: 6% DV

Calcium: 15% DV

Iron: 15% DV

Potassium: 6% DV