



VITAL CUISINE® Peanut Butter Banana Protein Pancakes





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INGREDIENTS

3 Servings / 9 Pancakes

DRY INGREDIENTS

½ 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

¼ cup mashed banana, (about ½ 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 ¼ 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