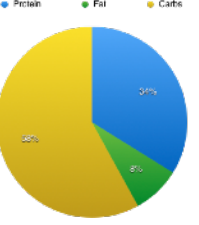
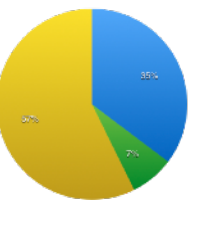
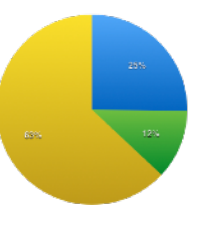
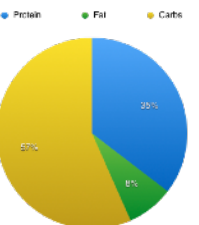
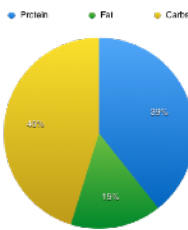
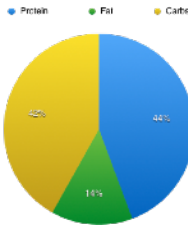
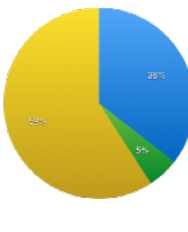
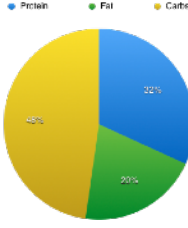
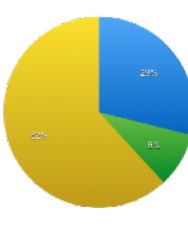


## Quest for the Best - Protein Pancakes

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
<b><u>The Lions Pack Protein Pancake Mix - Coffee Cake Flavor</u></b>	10 These pancakes taste great on their own and actually do have a bit of a coffee cake flavor...I can taste the cinnamon and the brown sugar crumble. Yum!	9.5 These are on the flatter side, but are still fluffy and moist enough on the inside to still be great without syrup.	<i>Per 56 g serving:</i> 160 cals 14 g protein 1.5 g fat 24 g carbs (2 g fiber, 1 g sugar, includes 0 g added sugar)	Brown Rice Flour, Cold-Filtered Whey Protein Isolate, Potato Starch, Stevia, Corn Starch, Baking Powder, Baking Soda, Sea Salt, Dried Coffee Powder, Natural Flavors, Sucralose, Soy Lecithin, Cocoa, Xanthan Gum	<i>5 flavors:</i> Apple Fritter Banana Cinnamon Monkey Bread Coffee Cake Cookie Dough Funfetti Cupcake	\$14.99 / 12 oz bag = \$2.50 per serving	The serving size is 56 grams and there's no scoop - for those of you without a scale, that turns out to be about 1/3 cup. They're gluten free, non-GMO, and sweetened with stevia. While you're at it, pick up some of their protein cookie dough because it's to die for.	
<b><u>Birch Benders Protein Pancake and Waffle Mix</u></b>	8 These have a nice faint flavor to them with a slight sweetness. Nothing to write home about, but good.	7 These are more "flapjack" style pancakes..not cakey and fluffy but more on the flat side, which may be partly due to their recipe calling for too much liquid.	<i>Per 50 g serving:</i> 180 cal 16 g protein 1.5 g fat 26 g carbs (1 g fiber, 6 g sugar, includes 5g added sugar)	Unbleached Wheat Flour, Whey Protein Concentrate (Whey Protein Concentrate, Lecithin), Evaporated Cane Juice, Vital Wheat Gluten, Leavening (Monocalcium Phosphate, Sodium Bicarbonate, Non-GMO Corn Starch), Eggs, Salt, Natural Flavors	<i>2 flavors:</i> Peanut Butter Performance Protein	\$4.69 / 16 oz bag = \$0.52 per serving	If you like big fluffy pancakes, this might not be the mix for you – but you can probably adjust the amount of liquid and fix that to some extent. I'm not in love with the macro ratio, but I like the price, the ingredients list and the slight sweetness to the pancakes even before adding syrup.	
<b><u>MetRx High Protein Pancake Mix – Original Buttermilk</u></b>	9 I can actually taste the faint buttermilk flavor in these pancakes. They've got a nice, light sweetness to them too.	8 Fluffy, moist pancakes.	<i>Per 57 g serving:</i> 200 cal 12 g protein 2.5 g fat 30 g carbs (3 g fiber, 8 g sugar)	Wheat Flour, Barley Flour, Sugar, Wheat Gluten, Metamysyn® HPP Protein Blend (Whey Protein Concentrate, Milk Protein Isolate, Soy Protein Isolate, Dried Egg White, L-Glutamine), Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate, Monocalcium Phosphate), Medium Chain Triglycerides, Corn Starch, Flaxseed, Natural and Artificial Flavor, Buttermilk Powder, Soy Lecithin.	<i>1 flavor:</i> Original Buttermilk	\$12.49 / 32 oz tub = \$0.78 per serving	The macro ratio of these pancakes isn't great and I'm not a big fan of the ingredients list, but based on flavor and texture alone (they actually achieved a buttermilk flavor), this mix deserves a spot near the top for those who are okay with it.	
<b><u>Bob's Red Mill Protein Pancake and Waffle Mix</u></b>	6 These pancakes don't have much flavor or sweetness on their own. You definitely will want some sweetener and/or other flavors on top.	9.5 They cook up beautifully into chewy, slightly fluffy pancakes. I took a half point off because they're a tiny bit denser than I would prefer.	<i>Per 45 g serving (~2 pancakes):</i> 170 cals 15 g protein 1.5 g fat 24 g carbs (5 g fiber, 4 g sugar, includes 1 g added sugar)	Whole Wheat Pastry Flour, Whey Protein Concentrate [Whey Protein Concentrate (Milk), Sunflower Lecithin], Sweet Cream Buttermilk Powder (Milk), Vital Wheat Gluten Flour, Pea Protein Isolate, Psyllium Husk Powder, Cane Sugar, Monocalcium Phosphate (Leavener), Sea Salt, Baking Soda	<i>1 flavor:</i> Original	\$8.09 / 14 oz bag = \$0.90 per serving	A double serving is shown in the picture (2/3 cup / 90 grams of pancake mix). It just didn't look like enough with only one serving on the plate.  The link here is to show this item on Amazon, but I found it in my local grocery store for the price listed.	

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
<b><u>FlapJacked Protein Pancake and Baking Mix – Buttermilk</u></b>	7 There’s the faintest of buttermilk flavor to these pancakes but next to zero sweetness by themselves. Sure, you can drench them in maple syrup and they’ll be deliciously sweet...but I don’t think you should have to.	8 Nice and fluffy but a little dry unless there is syrup involved.	<i>Per 53 g serving:</i> 200 cal 20 g protein 3.5 g fat 23 g carbs	Whole Oat Flour, Buttermilk (Milk), Whey Protein Isolate (Whey Protein Isolate, Soy Lecithin), Pea Protein, Organic Coconut Flour, Natural Flavor, Baking Soda, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate, Non-GMO Corn Starch), Salt, Xanthan Gum, Monk Fruit (or Stevia Extract)	<i>4 flavors:</i> Banana Hazelnut Buttermilk Carrot Spice Cinnamon Apple	\$11.99 for 24 oz = \$1.00 per serving	I like the ingredients list, the price and the macro ratio here. They actually have one of the best macro ratio of all the pancakes and I would definitely eat them again.	
<b><u>Slap Jacks! Super Macho Protein Pancake Mix - Savage Snickerdoodle Flavor</u></b>	8.5 The snickerdoodle flavor is there, albeit a little muted.	6.5 I thought Slap Jacks! were a little on the chewy side and a touch too dry to eat on their own.	<i>Per 43 g serving:</i> 160 cals 18 g protein 2.5 g fat 17 g carbs (3 g fiber, 3 g sugar)	Gluten Free Oat Flour, Whey Protein Concentrate, Whey Protein Isolate, Buttermilk Powder, Egg Protein, Ground Cinnamon, Sodium Bicarbonate, Guar Gum, Sunflower Lecithin, Organic Stevia, Salt, Natural Flavor	<i>4 flavors:</i> Bombastic Blueberry Chocolate Chip Cookie Crumble Savage Snickerdoodle White Chocolate	\$12.99 / 1.1lb tub = \$1.86 per serving	I thought the ratio of mix to liquid called for on the container was a little too runny...I recommend either cutting down on the liquid or adding more mix.	
<b><u>The Muscle Donut Protein Pancake &amp; Waffle Mix</u></b>	7 There’s a very faint buttermilk flavor in these pancakes and not much sweetness to speak of.	8.5 Light and airy pancakes that are just a touch dry - perfect with a little bit of syrup or fruit.	<i>Per 52 g serving:</i> 150 cals 15 g protein 1 g fat 25 g carbs (4 g fiber, 4 g sugar, includes 3 g added sugar)	Whole Wheat Flour, Whole Oat Flour, Whey Protein Isolate, Brown Sugar, Wheat Gluten Protein, Potato Starch, Baking Powder, Baking Soda, Sea Salt, Cinnamon	<i>1 flavor:</i> Original	\$7.99 for 20 oz = \$0.73 per serving	This mix doesn’t actually tell you how much water you’re supposed to add to get it to the right consistency. I went with 1/2 cup of water and it seemed to work well.	
<b><u>P28 High Protein Pancake Mix – Buttermilk Buckwheat</u></b>	6 Not a lot of sweetness or flavor to these pancakes except whatever you add on top.	9 Nice and fluffy while still moist (which surprised me considering how thin the batter looked).	<i>Per 45 g serving:</i> 170 cals 14 g protein 4 g fat 21 g carbs (2 g fiber, 2 g sugar)	Buckwheat flour, whole oat flour, whey protein isolate (whey protein, soy lecithin), wheat gluten, whole buckwheat flour, sweet cream buttermilk, natural flavors, monocalcium phosphate, sodium bicarbonate, sea salt, monk fruit extract	<i>4 flavors:</i> Buttermilk Buckwheat Chocolate Coconut Strawberries ‘n Cream White Chocolate	\$12.99 /16 oz tub = \$1.30 per serving	This mix made a great fluffy pancake. An interesting note – I poured syrup on them and they just sucked it all up. I could barely get any to hit the plate or look like I put any syrup on them at all! Strange, but not a deal breaker for me.	
<b><u>Kodiak Cakes Power Cakes - Buttermilk</u></b>	6 Not really much taste or sweetness to these pancakes at all.	5 Similar to the texture of Birch Benders, these pancakes are mostly flat but Kodiak Cakes are a little gummy. I also thought the batter was a little too runny according to their liquid to mix ratio.	<i>Per 53 g serving:</i> 190 cals 14 g protein 2 g fat 30 g carbs (5 g fiber, 3 g sugar)	100% Whole Grain Wheat Flour, 100% Whole Grain Oat Flour, Power Cakes Protein Blend (Wheat Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate, Egg Whites), Non-Fat Sweet Cream Buttermilk Powder, Brown Sugar, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Sea Salt.	<i>3 flavors:</i> Buttermilk Crunchy Peanut Butter Dark Chocolate	\$6.49 / 20 oz box = \$0.59 per serving	<p>The price I listed here was what I paid at Target, but you can get them for even cheaper on Amazon if you buy a 3 pack.</p> <p>I was a little disappointed with this mix after all the hype it gets...but they might be right for people who like really flat pancakes and add lots of toppings.</p>	

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)						
<b><u>Man Cakes High Protein Pancake, Waffle and Baking Mix – Buttermilk</u></b>	4 These pancakes have no sweetness to them at all and actually border on the edge of savory.	8 Fluffy, light pancakes.	<i>Per 70 g serving:</i> 290 cals 23 g protein 11 g fat 28 g carbs (9 g fiber, 6 g sugar)	Mancakes Power Blend (Gluten free oats, Garbanzo and Fava Beans, Almonds, Flaxseed), Mancakes Premium Protein (Whey Protein Isolate, Egg Whites), Buttermilk Powder, Aluminum-Free Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate, Constarch), Sea Salt, Xanthan Gum, Stevia Leaf Extract.	2 <i>flavors:</i> Buttermilk Cinnamon Oat Lemon with Chia Light Chocolate Maple Bacon	\$22.00 / 24.7 oz bag = \$2.20 per serving	Pretty expensive for what you get...you could certainly add some of your own sweetener and I’m sure they’d be great. I just don’t want to have to do that and still end up with 11 grams of fat per serving – though these do have one of the best protein to carb ratios here.  You can also get these at Walmart or Vitamin Shoppe.	<table><tr><td>Protein</td><td>30%</td></tr><tr><td>Fat</td><td>33%</td></tr><tr><td>Carbs</td><td>37%</td></tr></table>	Protein	30%	Fat	33%	Carbs	37%
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Fat	33%													
Carbs	37%													
<b><u>Whysk Protein Pancake Mix and Baking Mix – Original</u></b>	2 I’ll call it a nutty cardboard flavor. Not much else to say.	2 These pancakes are nothing like your typical American pancake...they’re dry, crumbly and really thick, with chunks of what I assume is flax seed.	<i>Per 54 g serving:</i> 160 cals 20 g protein 6 g fat 19 g carbs (14 g fiber, 4 g sugar)	Organic Coconut Flour, Egg Whites, Flaxseed Meal, Baking Powder, Sea Salt, Stevia	4 <i>flavors:</i> Chocolate Original Pumpkin Spice Snickerdoodle	\$10.95 for 11.5 oz = \$1.83 per serving	I wouldn’t even take more than 1 bite of these “pancakes.” Don’t let the pretty packaging fool you... don’t buy.	<table><tr><td>Protein</td><td>36%</td></tr><tr><td>Fat</td><td>28%</td></tr><tr><td>Carbs</td><td>36%</td></tr></table>	Protein	36%	Fat	28%	Carbs	36%
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