

### Kodiak Cakes Protein-Packed Product Line

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
<b><u>Protein-Packed Muffin Mix - Blueberry</u></b>	<b>8.5</b> There's a tiny bit of blueberry flavor in here, but I would have loved more. Otherwise it has good taste and isn't overly sweet.	<b>10</b> Fluffy and moist inside, but still has enough body to help fill you up.	<i>Per 1 baked muffin (33 g / 1/12 of mix):</i> 177 cal 8 g protein 6 g fat 24 g carbs (2 g fiber, 12 g sugar)	<b>3 flavors:</b> Blueberry Blueberry Lemon Double Dark Chocolate	100% whole grain wheat flour, cane sugar, wheat protein isolate, 100% whole grain oat flour, blueberries, light molasses, leavening (cream of tartar, baking soda), sea salt, natural blueberry flavor.	\$5.50 per 14 oz box = \$0.46 per muffin	The nutrition info is calculated using 1 cup of skim milk and 1/4 cup of coconut oil.	
<b><u>Protein-Packed Brownie Mix - Triple Chocolate</u></b>	<b>9.5</b> Great rich fudgy brownie flavor. I took off half a point because I wish the chocolate flavor shone through a bit more.	<b>8</b> I'm a big fan of dense, slightly underdone brownies and this brownie was a little too cakey for me when baked to the time listed on the package. I did love that there were little chocolate chips inside.	<i>Per baked brownie:</i> 240 cal 8 g protein 13 g fat 24 g carbs (2 g fiber, 18 g sugar)	<b>2 flavors:</b> Chocolate Fudge Triple Chocolate	Cane sugar, semi-sweet chocolate (sugar, unsweetened chocolate, cocoa butter, dextrose, sunflower lecithin), wheat protein isolate, cocoa, 100% whole grain wheat flour, whey protein concentrate, 100% whole grain oat flour, milk protein concentrate, natural vanilla flavor, sea salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate).	\$5.50 per 14 oz box = \$0.46 per brownie	The nutrition info is calculated using the recipe on the back of the box - 1 bag mix, 1/2 cup melted unsalted butter, 2 tbsp coconut oil, 2 eggs, 2 tbsp water.	
<b><u>Protein-Packed Power Cakes Flapjack &amp; Waffle Mix - Buttermilk</u></b>	<b>6</b> Not really much taste or sweetness to these pancakes at all.	<b>5</b> 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 cal 14 g protein 2 g fat 30 g carbs (5 g fiber, 3 g sugar)	<b>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.</b>	<b>3 flavors:</b> Buttermilk Crunchy Peanut Butter Dark Chocolate	\$6.49 / 20 oz box = \$0.59 per serving	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.  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.	
<b><u>Oatmeal Unleashed</u></b>	<b>Caramel (9.5):</b> I didn't think the caramel flavor was immediately obvious, but it was deliciously sweet.  <b>Chocolate Chip (8.5):</b> The chocolate flavor comes through nice and strong without being too sweet, although it's more of a dark chocolate flavor than milk choc.  <b>Maple and Brown Sugar (9):</b> Really solid maple flavor without being over the top sweet.  <b>Peanut Butter Chocolate Chip (8.5):</b> The peanut butter and chocolate chips melt nicely into the oatmeal and give good flavor, though the peanut butter was slightly bitter and the chocolate wasn't very noticeable.	<b>10</b> I think Kodiak Cakes did a great job with the amount of water they call for on the package - just enough to cover the oats, then microwave. The oats are still distinguishable (not mushy), but it's still nice and creamy. The flavor chips are visible in each flavor, but don't detract from the creaminess.	<i>Per 60 g cup:</i> 240 cal 14 g protein 4.5 g fat 36 g carbs (4 g fiber, 12 g sugar)	<b>7 flavors:</b> Caramel, Chocolate Chip, Maple & Brown Sugar, Peanut Butter & Chocolate Chip, Peach Vanilla Almond, Strawberry Dark Chocolate, Wild Blueberry	100% whole grain rolled oats, cane sugar, semisweet chocolate chips (sugar, unsweetened chocolate cocoa butter, dextrose, sunflower lecithin), pea protein concentrate with tapioca starch, milk, protein concentrate, whey protein isolate with sunflower lecithin, cocoa, sea salt.	\$24.00 / 12 pack = \$2.00 per cup	The nutrition info and ingredients listed are for the Chocolate Chip flavor, though the macros are pretty similar for all the flavors listed.	

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<b><u>Protein-Packed Power Waffles (Frozen) - Blueberry</u></b>	<b>8</b> With an ever so slight sweetness in the waffles, they really shine when you add some maple syrup on top. There's also some pretty good blueberry flavor, although I could always use more.	<b>7.5</b> These waffles tend to be a little dry and crispy when you heat them up in the toaster...unless you're drowning them in syrup, I'd recommend a glass of milk alongside.	<i>Per 2 waffles (76 g):</i> 270 cals 12 g protein 13 g fat 28 g carbs (3 g fiber, 6 g sugar, includes 4 g added sugar)	<i>5 flavors:</i> Blueberry Buttermilk & Vanilla Chocolate Chip Cinnamon Dark Chocolate	Water, Kodiak Cakes Power Blend [100% whole grain wheat flour, 100% whole grain oat flour, wheat protein isolate, whey protein concentrate, brown sugar, milk protein isolate, buttermilk, leavening (monocalcium phosphate, baking soda) sea salt], chocolate chips (sugar, chocolate, dextrose, cocoa butter, soy lecithin, natural vanilla extract), whole eggs, natural flavors, sunflower lecithin.	\$5.50 / 8 pack = \$1.38 per serving	Although I enjoy the convenience and taste of these, I'd rather eat the frozen flapjacks, which have more nutritional flexibility in terms of being able to eat 1, 2, or 3.	<p>● Protein ● Fat ● Carbs</p> <table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>17%</td></tr> <tr><td>Fat</td><td>42%</td></tr> <tr><td>Carbs</td><td>40%</td></tr> </table>	Macro	Percentage	Protein	17%	Fat	42%	Carbs	40%
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<b><u>Protein-Packed Power Flapjacks (Frozen) - Chocolate Chip</u></b>	<b>6.5</b> Similar to the boxed mix, these pancakes really don't have much flavor or sweetness unless you bite into one of the chocolate chips.	<b>7.5</b> A little flat, these pancakes can be gummy if you microwave them. Heating in the toaster helps stave off the gumminess, luckily. I do wish there were more or bigger chocolate chips so they are more noticeable.	<i>Per 3 pancakes (109g):</i> 210 cals 14 g protein 3.5 g fat 32 g carbs (4 g fiber, 9 g sugar, includes 5 g added sugar)	<i>2 flavors:</i> Buttermilk Chocolate Chip	Water, Kodiak Cakes Power Blend [100% whole grain wheat flour, 100% whole grain oat flour, wheat protein isolate, whey protein concentrate, brown sugar, milk protein isolate, buttermilk, leavening (monocalcium phosphate, baking soda) sea salt], chocolate chips (sugar, chocolate, dextrose, cocoa butter, soy lecithin, natural vanilla extract), whole eggs, natural flavors, sunflower lecithin	\$5.50 / 12 pack = \$1.38 per serving	Overall, these are convenient in a pinch, but not the best protein pancakes on the market. That said, I enjoy eating one with a little maple syrup as a small pre-workout snack.	<p>● Protein ● Fat ● Carbs</p> <table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>26%</td></tr> <tr><td>Fat</td><td>15%</td></tr> <tr><td>Carbs</td><td>59%</td></tr> </table>	Macro	Percentage	Protein	26%	Fat	15%	Carbs	59%
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# Peanut Butter & FITNESS

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<b>Flapjack Unleashed</b>	<p><b>Chocolate Peanut Butter: 7</b> Tasty with a pleasant sweetness, but not as much chocolate as I would like. Mine was a little gooey on the bottom after 1 min and that gooey part was really delicious and chocolatey. The peanuts are nice but don't lend much flavor.</p> <p><b>Buttermilk &amp; Maple: 8</b> Actually tastes like a buttermilk pancake but in more of a biscuit form.</p> <p><b>Cinnamon &amp; Maple: 7.5</b> Tasted a little bit raw even after it was cooked through. It does have some nice bursts of cinnamon, although the chunks of it fell to the bottom of the flapjack.</p> <p><b>Blueberry &amp; Maple: 8</b> Lots of great blueberry flavor in this flapjack thanks to some dried blueberries in the batter. I don't taste much maple though.</p>	<p><b>8</b> These flapjacks looked and felt fluffy overall, but they tended to be a tad dense when eating them (like a super moist biscuit). However, most of them had some nice chunks of flavor inside and I really enjoyed how the chocolate one was a little gooey on the bottom after 1 minute in the microwave.</p>	<p><i>Per 67 g flapjack:</i></p> <p>Chocolate Peanut Butter 290 cal 12 g protein 12 g fat 35 g carbs (4 g fiber, 15 g sugar)</p> <p>Buttermilk &amp; Maple 250 cal 10 g protein 7 g fat 35 g carbs (3 g fiber, 15 g sugar)</p> <p>Cinnamon &amp; Maple: 260 cal 6 g protein 8 g fat 44 g carbs (4 g fiber, 18 g sugar)</p> <p>Blueberry &amp; Maple: 250 cal 6 g protein 7 g fat 42 g carbs (4 g fiber, 15 g sugar)</p>	<p><i>5 flavors:</i> Blueberry Maple Buttermilk &amp; Maple Chocolate Chip &amp; Maple Chocolate Peanut Butter Cinnamon &amp; Maple</p>	<p>100% whole grain wheat flour, cane sugar, semi-sweet chocolate (sugar, unsweetened chocolate, cocoa butter, dextrose, sunflower lecithin), peanut butter drop (sugar, palm kernel oil, nonfat dry milk powder, salt, soy lecithin), cocoa (processed with alkali), wheat protein isolate, palm oil, 100% whole grain oat flour, peanut flour, natural flavor, whey protein concentrate, milk protein concentrate, baking powder (monocalcium phosphate, sodium bicarbonate), sea salt</p>	\$2.25 per cup	<p>Ingredients and macro pie chart shown are for the Power Cakes Chocolate Peanut Butter flavor.</p> <p>Kodiak Cakes makes a bunch of different muffin-cup-type snacks and breakfasts, but many of them have very different nutritional content. You'll see the top two flavors I tried out here have 10-12 g protein each, but the other two only have 6 g protein. If you're looking for the higher protein options here, go for the cups labeled "Power Cakes Unleashed" instead of "Kodiak Cakes Unleashed." If you find the ones with new labels, it's even harder to spot the difference.</p>	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>16%</td></tr> <tr><td>Fat</td><td>36%</td></tr> <tr><td>Carbs</td><td>47%</td></tr> </table>	Macro	Percentage	Protein	16%	Fat	36%	Carbs	47%
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<b>Muffin Unleashed</b>	<p><b>Apple Cinnamon Oat (8.5):</b> Lots of cinnamon flavor up front with just a touch of apple when you get a chunk of dried apples.</p> <p><b>Double Dark Chocolate (9.5):</b> Really great chocolate flavor that's not too sweet.</p>	<p><b>8</b> I thought the texture of the Muffin Unleashed was very similar to that of the Flapjack Unleashed. It's a little dense, but pretty moist with a decent amount of mix-ins for added interest.</p>	<p><i>Per 65 g muffin:</i></p> <p>250 cal 10 g protein 6 g fat 43 g carbs (6 g fiber, 18 g sugar)</p>	<p><i>5 flavors:</i> Apple Cinnamon, Blueberry, Chocolate Chip, Double Dark Chocolate, Pumpkin Dark Chocolate</p>	<p>100% whole grain wheat flour, cane sugar, whole oats, wheat protein isolate, 100% whole grain oat flour, palm oil, dried fuji apples, natural flavor, whey protein concentrate, nonfat dry milk, sea salt, baking powder (monocalcium phosphate, sodium bicarbonate).</p>	\$2.25 per cup	<p>Nutrition info and ingredients are for the apple cinnamon flavor.</p> <p>I believe the Muffin Unleashed line replaced the old Minute Muffins, which you can't really find anymore. The Unleashed version has more protein than the old Minute Muffins, which is great.</p>	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>15%</td></tr> <tr><td>Fat</td><td>20%</td></tr> <tr><td>Carbs</td><td>65%</td></tr> </table>	Macro	Percentage	Protein	15%	Fat	20%	Carbs	65%
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<b>Cornbread Unleashed - Homestead Style</b>	<p><b>7.5</b> You get the essence of a cornbread flavor here, though I think a bit more sweetness would help.</p>	<p><b>8</b> A little on the dry/dense side unless you top it off with some honey or jam. I like that you can get that classic cornmeal texture though.</p>	<p><i>Per 65 g serving:</i></p> <p>270 cal 10 g protein 9 g fat 40 g carbs (4 g fiber, 7 g sugar)</p>	<p><i>2 flavors:</i> Homestead Style Jalapeño</p>	<p>100% whole grain cornmeal, 100% whole grain wheat flour, palm oil, wheat protein isolate, cane sugar, dried honey (honey, wheat starch), whey protein concentrate, buttermilk powder, leavening (monocalcium phosphate, sodium bicarbonate), sea salt, butter flavored powder (modified corn starch, salt, whey solids, non-fat dry milk, dehydrated butter, natural butter flavor, sugar, xanthan gum, lactic acid, (turmeric and annatto for color)).</p>	\$2.25 per cup		<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>14%</td></tr> <tr><td>Fat</td><td>29%</td></tr> <tr><td>Carbs</td><td>57%</td></tr> </table>	Macro	Percentage	Protein	14%	Fat	29%	Carbs	57%
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<b>Brownie Unleashed - Chocolate Fudge</b>	<b>Chocolate Fudge (10):</b> Awesome fudge chocolati-ness that's got the sweetness and flavor of a true brownie.	<b>6.5</b> You can tell that they intentionally made these a little denser and decadent, but I thought it had an odd chewiness to it.	<i>Per 67 g serving:</i> 290 cal 10 g protein 11 g fat 41 g carbs (5 g fiber, 25 g sugar)	<i>3 flavors:</i> Chocolate Fudge, Chocolate Peanut Butter, Mint Chocolate	Cane sugar, 100% whole grain wheat flour, semi-sweetened chocolate (sugar, unsweetened chocolate, cocoa butter, dextrose, sunflower lecithin), cocoa (processed with alkali), palm oil, 100% whole grain oat flour, wheat protein isolate, whey protein concentrate, whole eggs, sea salt, natural vanilla flavor, baking soda.	\$2.25 per cup	Although it was super tasty, I didn't personally think this one was worth the sugar content.	<p>● Protein ● Fat ● Carbs</p> <p>13% 33% 54%</p>
Property of <a href="http://www.PeanutButterAndFitness.com">www.PeanutButterAndFitness.com</a>								



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