

Quest for the Best - Protein Pancakes

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
<u>The Lions Pack Protein Pancake Mix - Coffee Cake Flavor</u>	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	6 flavors: Apple Fritter Donut, Banana Cinnamon Monkey Bread, Coffee Cake, Cookie Dough, Funfetti Cupcake, Nakelle's Famous Blueberry	\$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.	<p>Protein 34%, Fat 8%, Carbs 58%</p>
<u>MetRx High Protein Pancake Mix - Original Buttermilk</u>	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> 190 cal 12 g protein 2.5 g fat 33 g carbs (2 g fiber, 8 g sugar, incl. 7 g added sugar)	Wheat Flour, Wheat Gluten, Whey Protein Concentrate, Milk Protein Isolate, Soy Protein Isolate, Dried Egg White, L-glutamine, Sodium Aluminate Phosphate, Sodium Bicarbonate, Monocalcium Phosphate, Medium Chain Triglycerides, Corn Starch, Flaxseed, Natural and Artificial Flavor, Buttermilk Powder, Soy Lecithin.	1 flavor: Original Buttermilk	\$24.64 / 4 lb tub = \$0.77 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.	<p>Protein 24%, Fat 11%, Carbs 65%</p>
<u>Kodiak Cakes Power Cakes</u>	Buttermilk - 6 Not really much taste or sweetness to these pancakes at all. Cinnamon Oat - 9 Lots of cinnamon flavor in these pancakes, but I could use a little more sweetness.	7 These pancakes are mostly flat but they do have a nice airiness to them. I thought the inside was a bit undercooked/gummy even after cooking through and browning on the outside. The oats in the cinnamon oat flavor gave a nice bite, but was slightly distracting.	<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.	3 flavors: Buttermilk, Cinnamon Oat, 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.	<p>Protein 29%, Fat 9%, Carbs 62%</p>
<u>Bob's Red Mill Protein Pancake and Waffle Mix</u>	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	1 flavor: 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.	<p>Protein 35%, Fat 8%, Carbs 57%</p>

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<u>Birch Benders Protein Pancake and Waffle Mix</u>	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	1 flavor: Original	\$5.99 / 16 oz bag = \$0.67 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.	
<u>Stack'd Nutrition Protein Pancakes - Cinnamon Roll</u>	7 I can smell the cinnamon in these pancakes but I had a hard time tasting it. Unless you add syrup, they're kind of bland.	8.5 Thick and fluffy pancakes, but I thought they were a little chewy.	<i>Per 56 g dry mix + 1 egg white:</i> 230 cal 25 g protein 1.5 g fat 26 g carbs (5 g fiber, 5 g sugar, incl. 1 g added sugar)	Organic Whole Wheat Flour, 100% Miscellar Casein Protein, Organic Whole Oat Flour, Buttermilk Powder, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate, Corn Starch), Organic Maple Sugar, Saigon Cinnamon, Organic Ceylon Cinnamon, Natural Vanilla Flavor	7 flavors: Banana Caramel, Cinnamon Roll, Coconut, Natural Lemon, Original Buttermilk, Peanut Butter Chocolate, Pumpkin Spice	\$15.99 / 16 oz = \$2.00 per serving	There are more flavors available on the company's website than I've found on Amazon.	
<u>The Muscle Donut Gluten Free Protein & Pancake Mix</u>	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 cal 15 g protein 1 g fat 25 g carbs (4 g fiber, 4 g sugar, includes 3 g added sugar)	Gluten free flour blend (brown rice flour, white rice flour, tapioca flour, potato starch), brown sugar, baking soda, baking powder, xanthan gum, cinnamon.	1 flavor: Original	\$9.99 for 16 oz = \$1.11 per serving	Note that the company has changed their recipe to be gluten free since I last taste tested and photographed these pancakes.	
<u>Krusteaz Protein Pancake Mix - Buttermilk</u>	7 Not much flavor or sweetness to these pancakes until you add toppings to them.	8.5 Super thick and fluffy pancakes, but they give you to an oddly doughy bite as you chew them. It's almost like they disintegrate as you bite into them? Strange but wouldn't stop me from buying them again.	<i>Per 61 g serving:</i> 220 cal 15 g protein 2 g fat 36 g carbs (4 g fiber, 8 g sugar)	Whole wheat flour, wheat protein isolate, sugar, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), dextrose, salt, soybean oil, whey protein isolate (milk protein), buttermilk, natural flavor.	2 flavors: Blueberry Buttermilk	\$3.77 per 20 oz box = \$0.42 per serving	You can find this mix at many grocery stores.	
<u>FlapJacked Protein Pancake and Baking Mix - Buttermilk</u>	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 55 g serving:</i> 210 cal 20 g protein 4 g fat 24 g carbs (5 g fiber, 7 g sugar, incl. 0 g added sugar)	Whole Grain Oats, Whey Protein Concentrate (Milk), Buttermilk, Pea Protein, Coconut Flour, Natural Flavor, Baking Soda, Xanthan Gum, Stevia Extract.	4 flavors: 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.	
<u>P28 High Protein Pancake Mix - Buttermilk Buckwheat</u>	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> 160 cal 14 g protein 2 g fat 22 g carbs (3 g fiber, 1 g sugar, incl. 0 g added sugar)	Whole buckwheat flour, whole oat flour, whey protein isolate (whey protein, soy lecithin), wheat gluten, sweet cream buttermilk, natural flavors, monocalcium phosphate, sodium bicarbonate, sea salt, monk fruit extract	4 flavors: 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.	

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<u>SinFit Protein Pancake and Waffle Mix - Buttermilk Blaze</u>	6 Not much flavor to these pancakes themselves. I can definitely taste whey protein in there, but hardly any sweetness.	8 The batter was a little runny, even after letting them sit to thicken. That leads to thin pancakes, but not bad. They also brown nicely.	<i>Per 54 g serving:</i> 200 cal 20 g protein 5 g fat 19 g carbs (4 g fiber, 8 g sugar, incl. 0 g added sugar)	Whole Grain Oat Flour, Buttermilk Powder, Instantized Whey Protein Isolate, Medium Chain Triglyceride Powder [Medium Chain Triglycerides (from Palm Kernel and Coconut Oils), Sodium Caseinate (a Milk Derivative), contains 2% or less of each of the following: silicon dioxide, sunflower lecithin], Organic Agave Inulin, Natural and Artificial Flavor, Double Acting Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Sodium Bicarbonate, Sodium Chloride, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sunflower Lecithin, Monk Fruit Extract	<i>3 flavors:</i> Banana Blitz Buttermilk Blaze Chocolate Crush	\$11.40 / 11.5 oz bag = \$1.90 per serving		<p>● Protein ● Fat ● Carbs</p> <table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>40%</td></tr> <tr><td>Fat</td><td>22%</td></tr> <tr><td>Carbs</td><td>38%</td></tr> </table>	Macro	Percentage	Protein	40%	Fat	22%	Carbs	38%
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<u>Orgain Protein Pancake & Waffle Mix - Whole Wheat & Oat</u>	6 I can definitely taste a hint of pea protein here. I could use a bit more sweetness and more flavor overall.	6 These are kind of dense and even after looking browned and cooked from the outside, they were still not fully cooked on the inside.	<i>Per 46 g dry mix + 1 cup milk + 1 egg:</i> 230 cal 15 g protein 4.5 g fat 32 g carbs (1 g fiber, 8 g sugar, incl. 4 g added sugar)	Orgain Organic Flour Blend (Organic Wheat Flour, Organic Whole Wheat Flour, Organic Oat Flour), Organic Pea Protein, Organic Cane Sugar, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Organic Natural Flour, Sea Salt	<i>3 flavors:</i> 50 Superfoods Gluten Free Whole Wheat & Oat	\$6.49 / 15 oz box = \$0.72 per serving		<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>18%</td></tr> <tr><td>Carbs</td><td>56%</td></tr> </table>	Macro	Percentage	Protein	26%	Fat	18%	Carbs	56%
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<u>Purely Elizabeth Grain-Free Protein Pancake Mix</u>	5 There's a hint of cinnamon and nutty flavor to these pancakes, but I thought they bordered on savory without any syrups added.	5 The pancakes themselves were pretty fluffy, but the seeds scattered throughout were off-putting. I also wasn't a huge fan of how oily they seemed to touch	<i>Per 62 g serving:</i> 300 cal 11 g protein 18 g fat 26 g carbs (6 g fiber, 2 g sugar, incl. 0 g added sugar)	Almond Flour, Arrowroot Flour, Organic Coconut Milk Powder (Organic Coconut Milk, Organic Tapioca Maltodextrin, Organic Gum Acacia), Grass-fed Collagen, Organic Coconut Flour, Organic Tigernut Flour, Organic Chia Seeds, Organic Flax Seeds, Leavening (Baking Soda, Monocalcium Phosphate Monohydrate), Sea Salt, Cinnamon.	<i>1 flavor:</i> Gluten Free + Collagen	\$6.68 / 10 oz bag = \$1.34 per serving	The bag calls for these pancakes to be made with 1/2 cup (62 g) of mix, plus an egg, 2 tbsp of oil, and 1 tbsp of water. The nutrition info does NOT include those extra ingredients!	<p>● Protein ● Fat ● Carbs</p> <table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>14%</td></tr> <tr><td>Fat</td><td>52%</td></tr> <tr><td>Carbs</td><td>34%</td></tr> </table> <p>There are 2 other types of pancake mixes from this brand that are not marketed as "protein pancakes." Although, considering how low the protein content is in this mix compared to fat, I'm not sure this one really should have been marketed that way either!</p>	Macro	Percentage	Protein	14%	Fat	52%	Carbs	34%
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<u>Birch Benders Plant Protein Pancake and Waffle Mix</u>	4 Smells a bit cardboard-y and tastes a bit cardboard-y. Really no sweetness or flavor to the pancakes at all.	3 I'm really confused by these pancakes. Using the 1/2 cup mix to 1/2 cup water ratio, the batter comes out extremely runny. I even added a bit more mix to try to thicken it up, but still ended up with flat, gummy pancakes that never seemed to fully cook through.	<i>Per 50 g serving:</i> 180 cal 10 g protein 1 g fat 32 g carbs (3 g fiber, 5 g sugar, incl. 5 g added sugar)	Whole Wheat Flour, Unbleached Wheat Flour, Organic Coconut Sugar, Pea Protein, Brown Rice Flour, Vital Wheat Gluten, Leavening (Monocalcium Phosphate, Non-GMO Corn Starch, Sodium Bicarbonate), Potato Starch, Cassava Starch, Salt, Spices, Xanthan Gum, Monk Fruit.	1 flavor: Original	\$4.98 per 14 oz bag = \$0.62 per serving		<p>● Protein ● Fat ● Carbs</p> <p>23% 5% 72%</p>
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