

WHAT'S IN SEASON ...



To make this a gluten-free recipe, substitute gluten-free pancake mix (like Bob's Red Mill)

PEACHES PROTEIN-PACKED PEACH PANCAKES

INGREDIENTS:

- 1 cup whole grain pancake mix (like Kodiak Power Cakes pancake mix)
- 1 cup 2% milk (or milk of your choice)
- 1 large egg
- 1 medium peach, diced
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- 1 tsp vanilla extract

DIRECTIONS:

- Combine pancake mix, milk, and egg into a bowl and stir until combined (do not overbeat).
- Gently fold in peaches, cinnamon, nutmeg, and vanilla extract.
- Pour ¼ cup of batter onto a heated, greased pan or griddle. Cook on medium-high heat (or 375 degrees) until bubbles form. Flip and continue to cook until golden brown.



NUTRITIONAL FACTS

SERVINGS: 2
Calories: 345 calories
Protein: 23 grams
Carbohydrates: 50 grams
Fat: 8 grams

CALORIE CONSIDERATIONS:

- To **INCREASE** calories: Add 1 Tbsp butter + 1 Tbsp maple syrup (+150 calories per serving)
- To **DECREASE** calories: Divide recipe into smaller portions of 2 - 4 inch pancakes each and dice up an extra peach to divide up and sprinkle on top (-100 calories per serving)