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## **Chocolate Chunk Peanut Butter Protein Pancakes**

### **Ingredients**

Baking soda 1/4 tsp  
Egg white 2  
Whey protein (flavor of choice) 1 scoop  
Cinnamon (optional) 1/4 tsp  
Cocoa powder 1/4 tsp  
Peanut butter 1 tbsp  
Zero-calorie maple syrup 1 tbsp  
Greek yogurt 1 tbsp  
Oats 1/3 cup  
Chocolate peanut butter Quest bar 1 bar

### **Directions**

1. Combine all ingredients except the Quest bar in a blender, and blend until smooth.
2. Dice up the Quest bar into chunks the size of chocolate chips. To make cutting easier, store the Quest bar in the fridge ahead of time for at least one hour.
3. Heat a skillet on the stove over medium heat, then coat it with cooking spray.
4. Spoon the batter onto the skillet to form 3- to 4-inch pancakes. Add a few Quest bar chunks to each pancake.
5. Cook until lightly browned on one side, flip, and repeat.
6. Plate the pancakes, and top them with peanut butter protein icing or your favorite topping.

### **Nutrition Facts**

Serving size: 3-4 pancakes  
Recipe yields 2 servings

Calories 283  
Fat 9 g

Carbs 24 g  
Protein 28 g

## **Peanut Butter Protein Icing**

### **Ingredients**

Whey protein (flavor of choice) 1 scoop  
Greek yogurt 1 tbsp  
Water  
PB2 2 tbsp

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<http://search.bodybuilding.com/bbsearch/slp/full?context=all&query=PB2> [END  
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### **Directions**

1. Add the whey, Greek yogurt, and PB2 to a bowl and stir until fully combined.
2. Add water very slowly until you've reached your desired consistency.
3. Drizzle the icing over your delicious protein packed pancakes, or just eat it with a spoon!

### **Nutrition Facts**

Serving size: 2 tbsp  
Recipe yields 2 servings

Calories 166  
Fat 2 g  
Carbs 7 g  
Protein 30 g

### **Combined Nutrition Facts**

Serving size: 3-4 pancakes and 2 tbsp peanut butter icing

Calories 449  
Fat 11 g  
Carbs 31 g  
Protein 58 g

