



**BODYBUILDING.COM™**

## **Dymatize Banana Peanut Butter Protein Pancakes**

### **Ingredients**

70 g (2 scoops) of Dymatize Elite XT Banana Nut protein powder  
26 g Kodiak Cakes Power Cakes Flapjack & Waffle Mix  
6 oz. Fairlife fat-free milk  
2 tbsp PB2 peanut butter powder

### **Optional Ingredients**

Banana slices for layering  
Dymatize Elite Peanut Butter protein bar chunks  
You Fresh Naturals Sugar Cookie Muscle Butter

### **Directions**

1. Preheat greased skillet to medium.
2. Measure flapjack mix and protein powder into bowl; mix together thoroughly.
3. Add milk and peanut butter powder and mix until all dry ingredients are moist.
4. Using a 1/4-cup measuring cup, pour pancake mixture onto skillet.
5. Cook until bubbles appear on pancakes.
6. Flip pancakes and cook 1-2 minutes or until done.
7. Serve immediately. Optional: Layer on banana slices and top with muscle butter or protein bar chunks.