



Cup-o-Joe's Buzzcakes



Entire recipe (2 pancakes): 161 calories, 2g total fat (0.5g sat. fat), 260mg sodium, 24.5g carbs, 3.5g fiber, 1g sugars, 10g protein

Prep: 5 minutes **Cook:** 5 minutes

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Ingredients

1/3 cup [Trader Joe's Buttermilk Protein Pancake Mix](#)
1/3 cup brewed Trader Joe's French Roast Coffee
1 Trader Darwin's Stevia Packet
1 tsp. Trader Joe's Roasted Cocoa Nibs
Optional topping: sugar-free or light pancake syrup

Directions

In a medium bowl, combine pancake mix, coffee, and sweetener. Mix until uniform.

Bring a large skillet sprayed with nonstick spray to medium heat. Add batter to form two pancakes. Sprinkle with cocoa nibs. Cook until pancakes begin to bubble and are solid enough to flip, about 2 minutes.

Gently flip, and cook until both sides are lightly browned and the inside is cooked through, about 1 minute.

MAKES 1 SERVING

No Trader Joe's in your area? Just swap in another protein pancake mix, like the kinds by [Kodiak Cakes](#), [Birch Benders](#), or [FlapJacked](#). Find cocoa (or cacao) nibs at a grocery or natural-food store, use a natural no-calorie sweetener like Truvia, and brew up your favorite coffee!

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