



## PB&J Pancake Sticks



1/10 of recipe (4 sticks): 194 calories, 3g total fat (<0.5g sat. fat), 361mg sodium, 32g carbs, 5.5g fiber, 6.5g sugars, 13g protein

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**Prep:** 10 minutes    **Cook:** 10 minutes



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## Ingredients

2 cups whole wheat flour  
1 cup [powdered peanut butter](#)  
1/2 cup [vanilla protein powder](#) with about 100 calories per serving  
2 tbsp. natural no-calorie sweetener that measures like sugar  
1 tbsp. cinnamon  
2 tsp. baking powder  
1/2 tsp. salt  
1 tbsp. light butter  
2 cups unsweetened vanilla almond milk  
1 cup unsweetened applesauce  
3/4 cup (about 6 large) egg whites or fat-free liquid egg substitute  
1 tbsp. maple extract  
1 1/2 cups chopped [freeze-dried strawberries](#)  
Optional topping: natural sugar-free pancake syrup

## Directions

Preheat oven to 425°F. Spray an 11"x17" baking sheet with nonstick spray.

In a large bowl, combine flour, powdered peanut butter, protein powder, sweetener, cinnamon, baking powder, and salt. Mix well.

In a large microwave-safe bowl, microwave butter for 10 seconds, or until melted. Add milk, applesauce, egg whites/substitute, and maple extract. Mix until uniform. Add to the flour mixture, and mix until uniform.

Fold in freeze-dried strawberries. Transfer batter to the baking sheet, and smooth out the surface.

Bake until light golden brown and cooked through, 8-10 minutes.

Cut into 10 pieces. Cut each piece into 4 sticks.

MAKES 10 SERVINGS

**HG Tip:** To freeze, tightly wrap each cooled serving in foil or plastic wrap. Place in a sealable container or bag, seal, and freeze. To thaw, unwrap a serving and place on a microwave-safe plate. Cover with a paper towel, and microwave for 1 1/2 minutes, or until desired temperature is reached.

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