

Protein Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

¼ cup bakers basic pancake mix
1 egg
Sugar-free syrup (optional)
Whipped cream (optional)

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix and egg. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with sugar-free syrup and whipped cream, if desired.

Strawberry Shortcake Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

¼ cup bakers basic pancake mix
1 egg
½ tsp strawberry extract
Cream cheese frosting (see recipe)
Strawberries (for topping)

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix, egg and strawberry extract. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with cream cheese frosting and strawberries.

Apple Cinnamon Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

¼ cup cinnamon pancake mix
1 egg
Cream cheese frosting (see recipe)
Chopped apples (for topping)

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the cinnamon pancake mix and egg. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with cream cheese frosting and apples.

Tiramisu Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

¼ cup bakers basic pancake mix
1 egg
1 Tbsp instant coffee
Butter or cooking spray
Cream cheese frosting (see recipe)
Cocoa powder

DIRECTIONS:

1. Preheat a mini pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease with butter or cooking spray.
2. In a small bowl, combine the pancake mix, egg, and instant coffee. Mix until smooth.
3. Pour the batter onto the hot surface and cook until golden and fully set, flipping if using a skillet or griddle.
4. Top with Cream Cheese Frosting and a dusting of cocoa powder.

Carrot Cake Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

¼ cup carrot cake pancake mix
1 egg
Cream cheese frosting (see recipe)

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix and egg. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with cream cheese frosting.

Pumpkin Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

¼ cup pumpkin pancake mix
1 egg
Sugar-free syrup

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix and egg. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with sugar-free syrup.

Chocolate Raspberry Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

¼ cup chocolate pancake mix
1 egg
Cream cheese frosting (see recipe)
Raspberries

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix and egg. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with cream cheese frosting and raspberries.

Chocolate Strawberry Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *136*

NET CARBS: *3g*

INGREDIENTS:

¼ cup chocolate pancake Mix
1 egg
Cream cheese frosting (see recipe)
Strawberries (for topping)

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix and egg. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with cream cheese frosting and strawberries.

Peanut Butter Chocolate Banana Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *136*

NET CARBS: *3g*

INGREDIENTS:

¼ cup chocolate pancake mix
1 egg
1 banana (mashed)
Sugar-free syrup
Peanut butter (for topping)
Chocolate chips (for topping)

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix, egg and mashed banana. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with peanut butter and chocolate chips as desired.

Cinnamon Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *136*

NET CARBS: *3g*

INGREDIENTS:

¼ cup cinnamon pancake mix
1 egg
Cream cheese frosting (see recipe)
Sugar-free syrup

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix and egg. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with cream cheese frosting and sugar-free syrup.

French Toast Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

¼ cup cinnamon pancake Mix
1 egg
Vanilla

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix, egg and vanilla. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with sugar-free syrup. Serve warm.

Chocolate Chip Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

¼ cup bakers basic pancake mix
1 egg
¼ cup chocolate chips
Sugar-free syrup

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix, egg and chocolate chips. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with sugar-free syrup, peanut butter and chocolate chips if desired. Serve warm.

Peanut Butter Chocolate Chip Pancakes

**SERVINGS:** *Single***COOK TIME:** *1 minute***CALORIES:** *148***NET CARBS:** *3g***INGREDIENTS:**

¼ cup peanut butter pancake mix
1 egg
¼ cup chocolate chips
Sugar-free syrup

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix, egg and chocolate chips. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with sugar-free syrup, peanut butter and chocolate chips if desired.

Blueberry Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *136*

NET CARBS: *3g*

INGREDIENTS:

¼ cup bakers basic pancake mix
1 egg
Cream cheese frosting (see recipe)
Blueberries

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix and egg. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with cream cheese frosting and blueberries.

Banana Nut Pancakes



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *136*

NET CARBS: *3g*

INGREDIENTS:

¼ cup cinnamon pancake mix
1 egg
1 banana (mashed)
Sugar-free syrup
Walnuts (for topping)

DIRECTIONS:

1. Preheat a pancake maker, griddle, or nonstick skillet over medium heat. Lightly grease if needed.
2. In a small bowl, combine the pancake mix, egg and mashed banana. Mix until smooth.
3. Pour the batter onto the hot surface and cook until bubbles begin to form and the edges are set. Flip and cook the other side until golden and fully cooked through.
4. Top with sugar-free syrup and walnuts.