

Recipe Collection



Beef Cakes (Protein Pancakes)

Matt Mitchell

Ingredients

- Kodiak Cakes—1 Bowl
- 1 cup of water
- 1 cup of chocolate chips
- 1 teaspoon of honey
- 1 teaspoon of vegetable oil
- 1/2 cup of almond milk
- 1/4 teaspoon of brown sugar
- Sprinkle of cinnamon
- 1 teaspoon of yogurt



Directions

Mix all ingredients together.

Pour into a pan and bake for 35 minutes at 375 degrees.

If you prefer you can cook them in a pan or on a griddle.

Notes

Enjoy!