

EAT STRONG™

THE HIGH PROTEIN BAKING COOKBOOK®



by STACK'D Nutrition
Gary K. Kassabian – Owner and Founder

Featuring recipes using
STACK'D Protein Pancake & Baking mix:



EAT STRONG™

THE HIGH PROTEIN BAKING COOKBOOK

We are happy to provide you with this collection of some of the most popular recipes created by STACK'D Nutrition – creators of the STACK'D Protein Pancake and Baking Mix and STACK'D High Protein Coffee Creamer.

STACK'D Nutrition, LLC was founded by Gary and Lisa Kassabian in their home kitchen in Boston, MA in 2014. After trying several store bought pancake and baking mixes, it was no surprise to learn that they were all high in calories, contained processed carbs, artificial flavors and artificial sugars - things you prefer not to eat.

Conventional pancakes and baked goods have little to no protein, and are full of unhealthy processed carbs - which does not fit into a diet and exercise program to stay lean, gain or maintain muscle.

Making high protein baked goods from scratch can be an inconvenience, and simply adding protein powder to a mix with "bananas, apple sauce and egg whites" will make everything taste like a lead brick or a piece of recycled cardboard. The infamous "protein aftertaste" can only be masked with loads of butter and sugar - which defeats the purpose of eating healthy. Baking with protein powder can be challenging because its properties are not similar to flour.

After taking the highest quality, natural and organic ingredients to the kitchen, and hundreds of failed attempts and taste tests – these recipes were developed and STACK'D was born. Unlike other protein pancake mixes on the market, STACK'D contains 25 grams of Protein per serving, is made from 100% organic ingredients with nothing artificial....and best of all, tastes delicious with no protein aftertaste or weird consistency.

Now you can take pancakes, baked goods and desserts off the "cheat meal list", add it to your regular diet and "GET STACK'D!"

Much more than the best tasting protein pancake mix on the market, STACK'D can be used to create high protein baked items such as breads, cookies, waffles, cakes, desserts, cupcakes, muffins and savory dishes!

All recipes included are tried and true, are easy to make and uses very few additional ingredients that are probably already in your pantry or can be bought at your local grocery store.

Recipes have been created by STACK'D Nutrition and we've even included some submitted by family members, friends, our loyal customers and followers.

Eating healthy doesn't mean you have to sacrifice taste or add high calorie ingredients, sugar and sweeteners to make them edible. All STACK'D recipes included in this book are high in protein, lower in carbohydrates and fat. You'll be shocked how easy it is to bake and cook with STACK'D.

We hope you enjoy this collection of STACK'D Recipes and if you have a favorite STACK'D Creation - please share it with us. Thank you and enjoy!

EAT STRONG

Gary & Lisa Kassabian
Owners and Founders
STACK'D Nutrition, LLC



www.stackdnutrition.com

STACK'D Nutrition, LLC
3 Liebich Lane – Suite 11
Halfmoon, NY 12065

TIPS FOR MAKING PERFECT STACK'D PANCAKES

by Gary K. Kassabian – Owner and Founder, STACK'D Nutrition

A lot of people ask how we cook our pancakes so perfectly. It's really quite easy. First, we start with the best ingredients to make STACK'D Protein Pancakes to take all the guess work out of it – but you've already figured that one out ! A proper mix consistency and temperature makes for a perfect pancake every time. Here are some expert tips we've put together below to help you make that perfect STACK'D Protein Pancake every time.

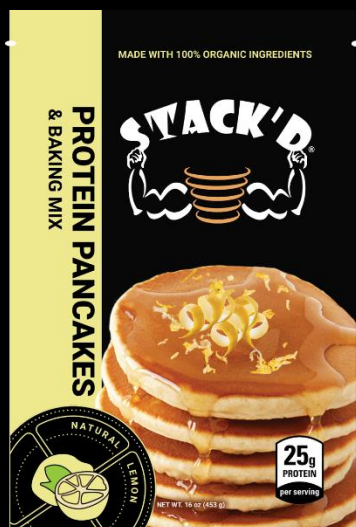
1. A non stick electric griddle is THE BEST surface for making pancakes, but if you don't have one a large cast iron skillet is ideal. Griddles will distribute heat evenly and give you a hassle-free non-stick experience every time without the need for non-stick spray. Even a cheap electric griddle will work better than a pan or skillet on the stove because you can keep the heat consistent throughout. You can buy one for under \$30 at most stores or online.
2. Use a large mixing bowl. Beat the egg whites or egg FIRST. For one serving of STACK'D Protein Pancakes – 1 egg white or 3 Tbsp of Liquid Egg Whites is ideal. You can choose to use the whole egg if you are making 2-3 servings. However, a whole egg for one serving will make the pancakes too thick and "eggy."
3. After you beat the egg whites – add COLD water. For ½ cup of dry STACK'D Protein Pancake mix you will need approximately ¼ cup of cold water.
4. Resist the over-mix. GENTLY whisk or use a fork to blend the dry ingredients slowly and DO NOT over mix. A few clumps in the batter will make for the best and fluffiest pancakes. The thicker the batter, the thicker the pancakes - but batter too thick won't cook properly either. The batter should flow effortlessly but not be runny.
5. Let the batter rest while your griddle heats up. **It's a small step but crucial one, and one that should not be skipped over, no matter how hungry you are.** Allowing the batter to sit will ensure all the ingredients come together and will take care of any clumps and fully activate the baking powder. This will make the pancakes come out fluffier and lighter tasting. You may need to add a TBSP of cold water at a time since the batter will thicken as it sits.

6. **Don't make the griddle too hot.** You can tell the perfect temperature for cooking by sprinkling some water droplets on the cooking surface. If it evaporates and burns off quickly – its too hot. If the water droplets "dance around" and sizzle for a few seconds– the temperature is just right. **High heat doesn't cook pancakes faster, it cooks them unevenly with burnt outsides. The pan needs to be hot, but make the mistake of setting the temperature too high and the bottoms are likely to burn while the insides remain raw and doughy.**
7. Don't use butter to cook the pancakes. Butter burns and will give the pancakes a bad taste. Save the butter for the top with syrup ! If you use a non-stick surface you won't need to use cooking spray or oil. Otherwise a light spray is enough.
8. Portion the batter onto the non-stick griddle using a ladle or the scoop provided. About a ¼ cup of batter will make the perfect size STACK'D pancakes. Each serving of STACK'D is ¾ cup of batter which will make 3 medium sized pancakes.
9. When bubbles start to form AND break in the middle, they are ready to flip. Resist the urge to lift the pancake and check if they're done and NEVER flip the pancake more than once. **You might be tempted to flip once the bubbles appear, but it's not quite time. Give it another minute. Pancakes should be flipped once, and only once during cooking.**
10. Choose a spatula that is large, wide, angled and heat-proof providing the flexibility needed to flip. Turn the pancakes over gently and allow the other side to cook until golden brown. DO NOT press down on the pancakes...it's not a hamburger.
10. If you're cooking for a crowd and you want to keep the pancakes warm, preheat an oven to 250 degrees and put the pancakes onto a baking sheet. This will ensure that they don't over cook and will keep the pancakes nice and hot for your guests.



STACK'D Lemon Blueberry Protein Pancakes

Fresh and wild blueberries are considered “super foods” and are a great compliment to STACK'D Natural Lemon Protein Pancake & Baking Mix. Packed with antioxidants and phytoflavonoids, blueberries are also high in potassium and vitamin C, making them the top choice of doctors and nutritionists. Not only can they lower your risk of heart disease and cancer, they are also anti-inflammatory and low in calories. Did we mention that they taste amazing in pancakes?



Ingredients – 2 Servings

- 1 cup of STACK'D Natural Lemon Protein Pancake Mix
- ½ cup of cold water
- ½ cup of fresh blueberries
- 2 egg whites or 6 tbs of Liquid Egg whites

Cooking Directions



5-8 Minutes

In a mixing bowl, beat the egg whites and cold water. Slowly whisk in ½ cup of STACK'D Natural Lemon Protein Pancake Mix and let sit until batter thickens. Add additional water until batter is a thick yet pourable consistency. Portion onto preheated griddle on medium to high heat and then add your blueberries to each pancake....cook until lightly browned on both sides. Top with real or low calorie maple or blueberry syrup.

Nutrition Facts

Serving Size – 3 pancakes

Calories 230

Fat 1.5g

Carbs 27g

includes 5g Sugar

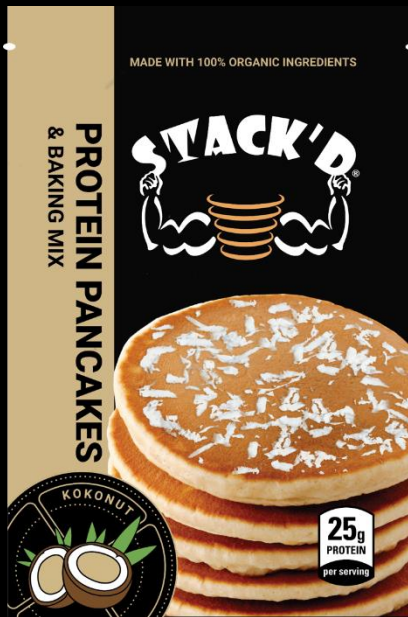
Fiber 5g

Protein 25g

STACK'D Tip: We like them in the Original Buttermilk or KokoNut flavors, but Adding a handful of blueberries to the STACK'D Natural Lemon Protein Pancake Mix is one of the greatest combinations we can think of, but try them in our Original Buttermilk and KokoNut flavors too!

STACK'D Key Lime Pie Protein Pancakes


“You put the lime in the coconut”and eat it all up. The flavor combination with STACK'D KokoNut Protein Pancakes and some lime zest tastes just like key lime pie and a great way to keep this recipe low calorie and high in protein.



Ingredients – 2 Servings

- 1 cup of STACK'D KokoNut Protein Pancake Mix
- ½ cup of cold water
- Zest of 1 lime
- 2 Tbsp of fresh lime juice
- 2 egg whites or 6 tbs of Liquid Egg whites
- 1 crumbled graham cracker (optional)

Cooking Directions

 **5-8 Minutes**

In a mixing bowl, beat the egg whites and cold water. Slowly whisk in ½ cup of STACK'D KokoNut Pancake Mix. Lime zest and lime juice and let sit until batter thickens. Add additional water until batter is a thick yet pourable consistency. Portion onto preheated griddle on medium to high heatcook until lightly browned on both sides.



Top with shredded coconut, lime zest and simple syrup. Optional: You can also add a crumbled graham cracker for that pie crust taste

Nutrition Facts

Serving Size – 3 med pancakes

Calories	240
-----------------	------------

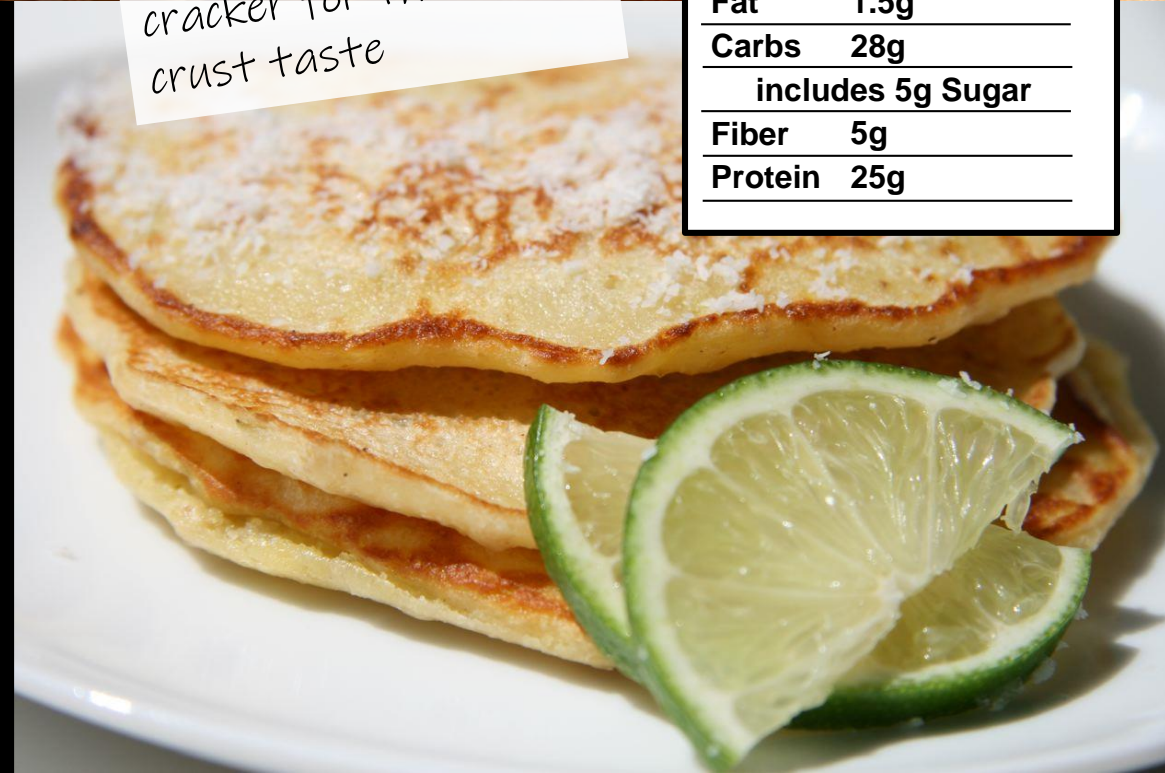
Fat	1.5g
------------	-------------

Carbs	28g
--------------	------------

includes 5g Sugar	
--------------------------	--

Fiber	5g
--------------	-----------

Protein	25g
----------------	------------



STACK'D Red Velvet Protein Pancakes

Red Velvet protein pancakes made with cocoa powder can be colored with either red food coloring or red beet powder (all natural). These pancakes go great with maple syrup, cream cheese frosting or even fat free whipped cream and are a fun way to create the decadent red velvet cake with 25 grams of protein per serving and without the added calories and sugar.

Ingredients – 2 Servings

- 1 cup of STACK'D Original Buttermilk Protein Pancake Mix
- 1 TBSP unsweetened baking cocoa.
- 1 Tbsp Sugar or Sugar Substitute
- 1 cup of cold water
- 1 TBSP of Red Beet Powder or 1 Tsp red food coloring.
- 2 egg whites or 6 tbs of Liquid Egg whites

Cooking Directions



5-8 Minutes

In a mixing bowl, beat the egg whites and cold water. Slowly whisk in 1 cup of STACK'D Original Buttermilk Protein Pancake , sugar, cocoa powder and red food coloring. Mix and let sit until batter thickens. Add additional water until batter is a thick yet pourable consistency. Portion onto preheated griddle on medium to high heat cook until lightly browned on both sides.

Substitute Red Beet Powder for food coloring if available. Red Beet Powder can be purchased at a health food store and has no flavor but gives the pancakes a rich red color with nothing artificial added.



Nutrition Facts

Serving Size – 3 med pancakes

Calories 230

Fat 1.5g

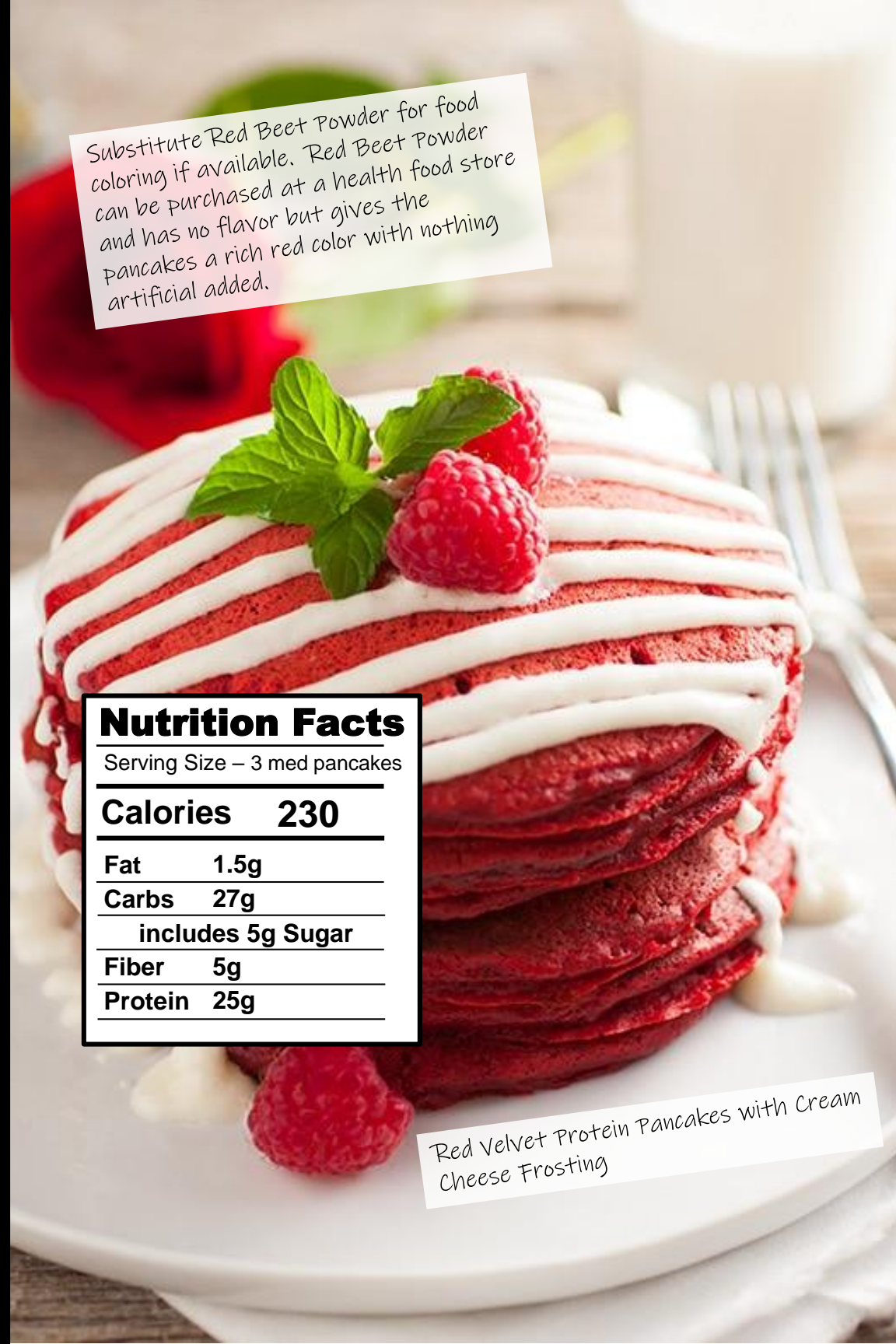
Carbs 27g

includes 5g Sugar

Fiber 5g

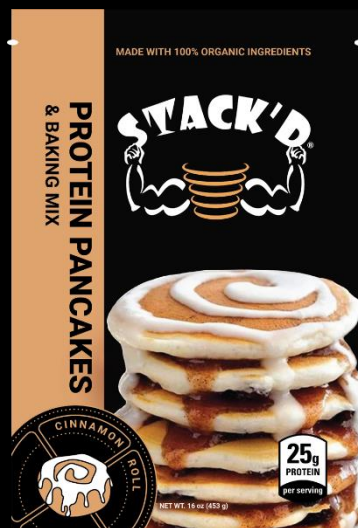
Protein 25g

Red Velvet Protein Pancakes with Cream Cheese Frosting



STACK'D Cinnamon Raisin Protein Pancakes


The classic taste of cinnamon raisin bread in a protein pancake. All you need is STACK'D Cinnamon Roll or STACK'D CinnaBuzz'd Protein Pancake & Baking mix and a handful of raisins.



Ingredients – 2 Servings

- 1 cup of STACK'D Cinnamon Roll or Protein Pancake Mix
- ½ cup of cold water
- ¼ cup of raisins
- 2 egg whites or 6 tbs of Liquid Egg whites

Cooking Directions

 **5-8 Minutes**

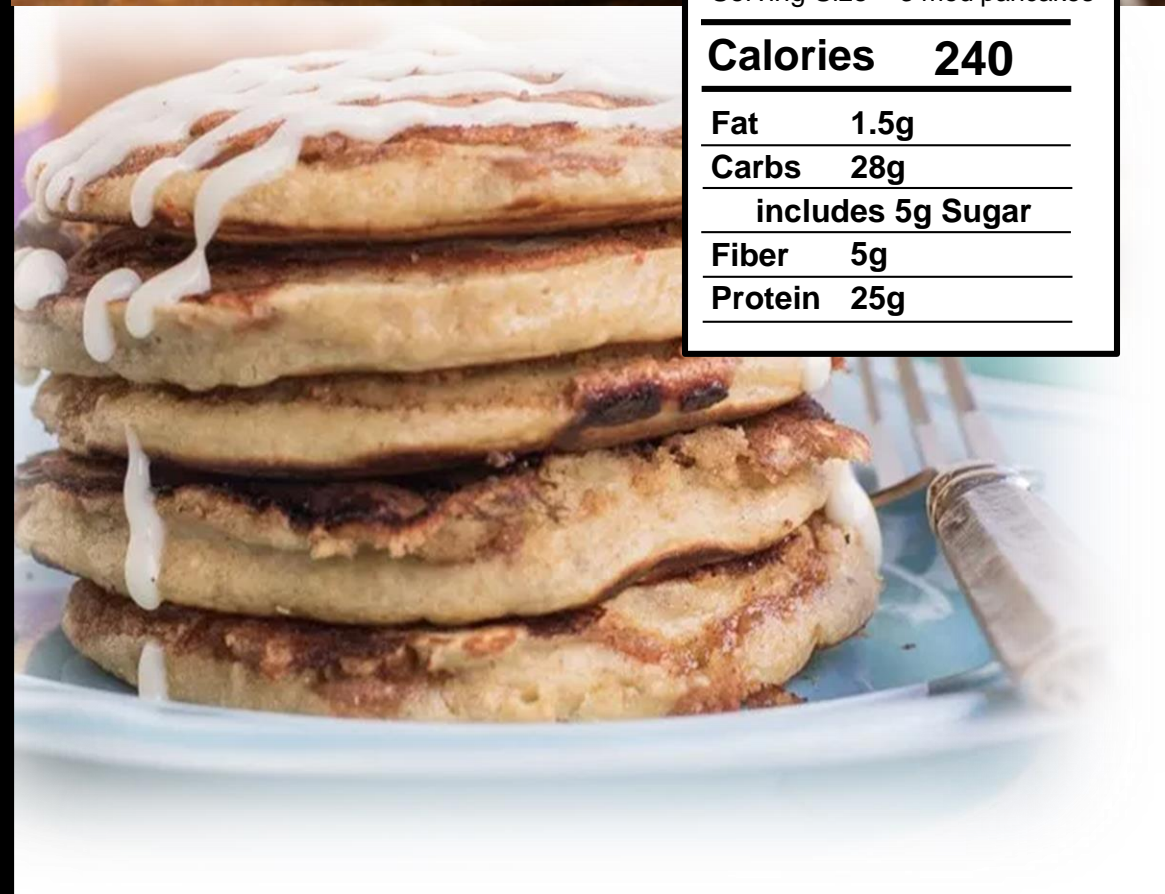
In a mixing bowl, beat the egg whites and cold water. Slowly whisk in ½ cup of STACK'D Cinnamon Roll Protein Pancake Mix and let sit until batter thickens. Add additional water until batter is a thick yet pourable consistency. Portion onto preheated griddle on medium to high heat and then add your raisins to each pancake....cook until lightly browned on both sides. Top with pure or low calorie maple syrup.



Nutrition Facts

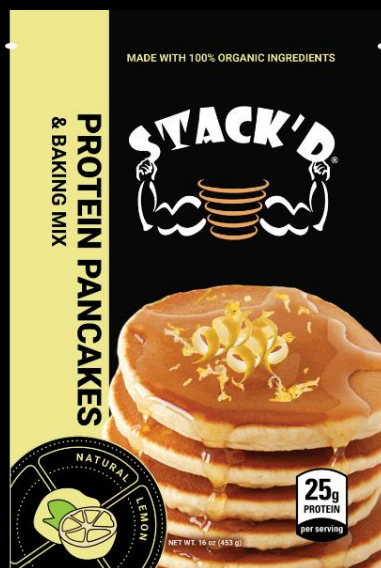
Serving Size – 3 med pancakes

Calories	240
Fat	1.5g
Carbs	28g
includes 5g Sugar	
Fiber	5g
Protein	25g



STACK'D Lemon Ricotta Protein Pancakes


Lemon Ricotta Pancakes are decadent, delicious and now healthy and guilt-free with STACK'D Natural Lemon Protein Pancake mix. STACK'D Natural Lemon Mix combined with lemon zest and ricotta makes a fluffy, light and refreshing pancake packed with 28 grams of Protein per serving.



Ingredients – 2 Servings

- 1 cup of STACK'D Natural Lemon Protein Pancake Mix
- ½ cup of cold water + additional water as needed
- 1 whole egg
- 1 Tbsp Lemon Zest (from one lemon)
- 1/4 cup Ricotta

Cooking Directions

 **5-8 Minutes**

In a mixing bowl, beat the egg and cold water. Slowly whisk in 1 cup of STACK'D Natural Lemon Protein Pancake Mix. Add lemon zest and ricotta. Add additional water until batter is a thick yet pourable consistency. Portion onto preheated griddle on medium to high heatcook until lightly browned on both sides. Top with powdered sugar and lemon zest.

STACK'D Tip: Top with powdered sugar, non-fat whipped cream, extra ricotta and lemon zest.

Nutrition Facts

Serving Size – 3 med pancakes

Calories 300

Fat 5g

Carbs 30g

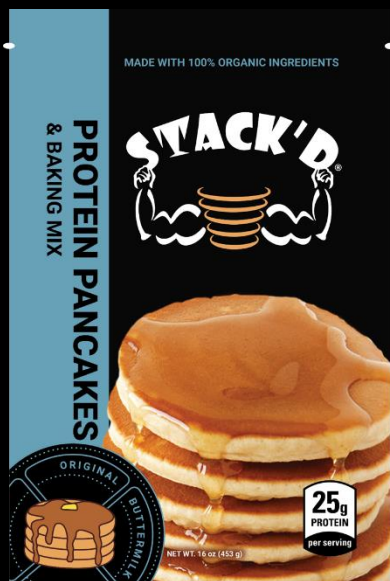
includes 5g Sugar

Fiber 5g

Protein 30g

STACK'D Hot Cocoa Protein Pancakes


STACK'D hot chocolate protein pancakes feature rich chocolate buttermilk pancakes with a garnish of mini marshmallows. This calorie saving high protein recipe uses STACK'D Original Buttermilk Protein Pancake mix with sugar free hot cocoa.



Ingredients – 2 Servings

- 1 cup of STACK'D Original Buttermilk Protein Pancake & Baking Mix
- 2 egg whites or 1 whole egg
- 1 packet of sugar free hot chocolate mix
- Dark chocolate chips (optional)
- 1/2 cup milk or water

Cooking Directions

 10-12 Minutes

Preheat griddle or pan to medium - high heat. Beat egg and add STACK'D Protein Pancake Mix, hot cocoa mix and milk. Add a tbsp. of water at a time to desired consistency. Portion batter to make pancakes. When bubbles begin to form and break in the middle, flip and griddle other side. Makes 6 medium size pancakes Tip: Don't make the pan too hot or the chocolate will burn!

Topping suggestions: mini marshmallows, fat free whipped cream or sugar free chocolate syrup.....or all three!



Nutrition Facts

Serving Size – 3 med pancakes

Calories 240

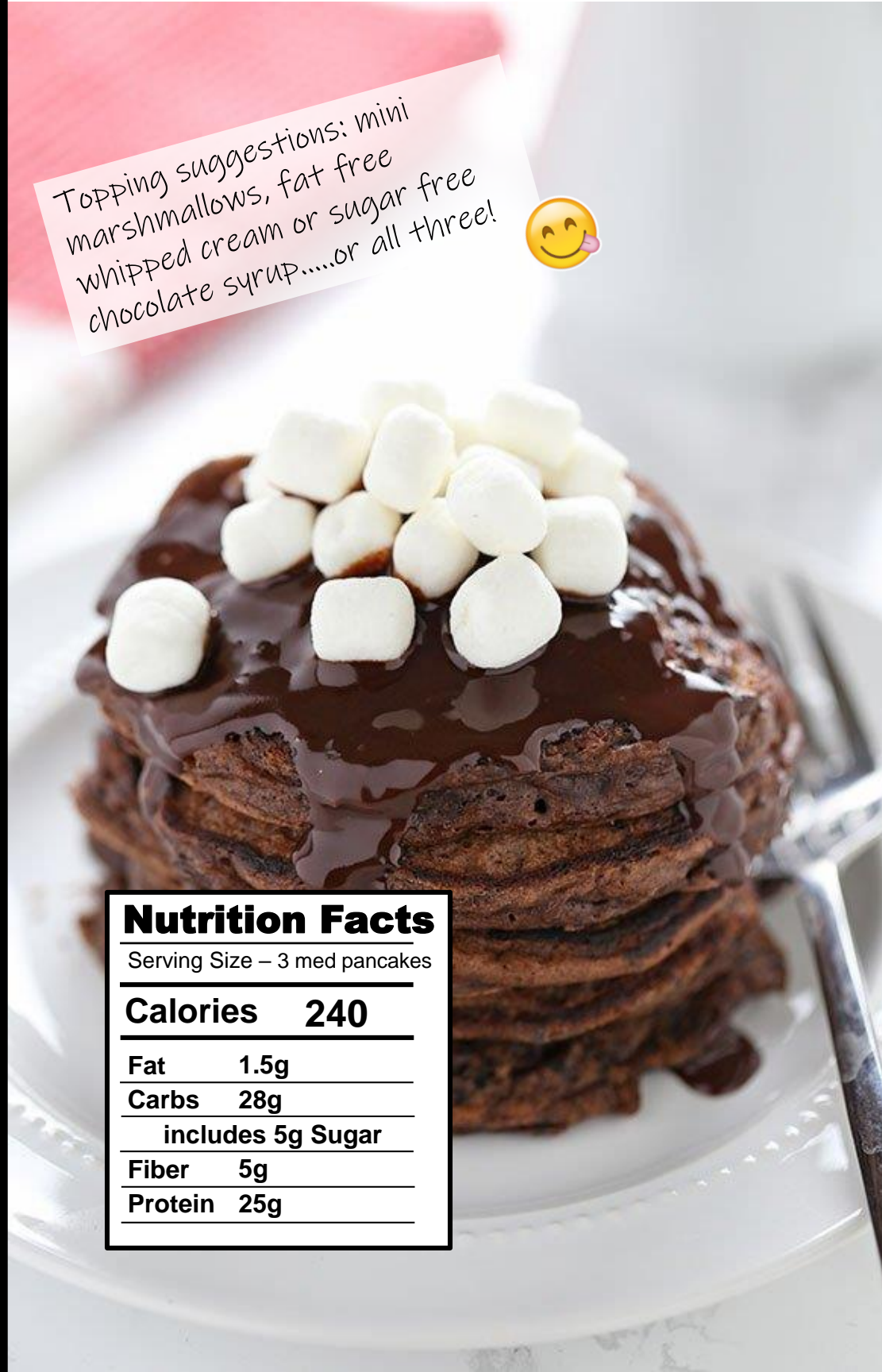
Fat 1.5g

Carbs 28g

includes 5g Sugar

Fiber 5g


Protein 25g



STACK'D Bananas Foster Protein Pancakes

STACK'D Banana Caramel Protein Pancake mix was inspired from the classic Bananas Fosters dessert. Here is our take with the recipe for making your own bananas foster topping at home.



 **12-15 Minutes**

Cooking Directions

In a mixing bowl, beat the egg whites and cold water. Slowly whisk in ½ cup of STACK'D Banana Caramel Protein Pancake Mix and let sit until batter thickens. Add additional water until batter is a thick yet pourable consistency. Portion onto preheated griddle on medium to high heatcook until lightly browned on both sides. Banana Topping: In a non-stick skillet, mix butter, brown sugar, cinnamon, nutmeg, rum extract and maple syrup. Cook over med heat 2-3 minutes until sugar dissolves. Reduce heat. Add bananas, cook about 3 minutes. Spoon over pancakes.

Ingredients – 2 Servings

- 1 cup of STACK'D Banana Caramel Protein Pancake Mix
- ½ cup of cold water
- 2 egg whites or 6 tbs of Liquid Egg whites

Banana Topping (makes 2-3 servings)

- 2 bananas – sliced
- ¼ cup brown sugar
- ¼ cup butter
- ¼ teaspoon nutmeg
- 1 tsp cinnamon
- ¼ cup maple syrup
- ¼ tsp rum extract (optional)



Nutrition Facts

Banana Topping – 1 serving

Calories 204

Fat 4g

Carbs 40g

includes 13g Sugar

Fiber 7g

Protein 2g

Nutrition Facts

Serving Size – 3 pancakes

Calories 230

Fat 1.5g

Carbs 27g

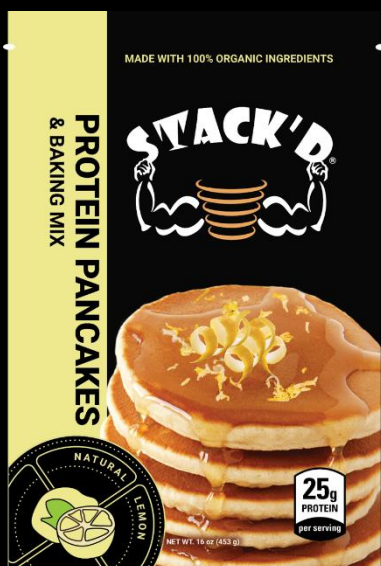
includes 5g Sugar

Fiber 5g

Protein 25g

STACK'D Crepes

Excuse our French. Making crepes can be intimidating, but trust us, with our STACK'D Protein Pancake & Baking Mix – they are simple and easy to make and well worth the effort. You can make them with any flavor of STACK'D but we are featuring our STACK'D Natural Lemon flavor in this recipe since it's so versatile.



Ingredients – 1 Serving Makes 4 large crepes

- 1 whole egg
- ¼ cup milk (substitute coconut or almond)
- ¼ cup water
- ½ cup STACK'D Natural Lemon Protein Pancake Mix
- ½ TBSP Coconut Oil

Cooking Directions



In a mixing bowl, beat the whole egg and stir in milk and water. Slowly whisk in ½ cup of STACK'D Natural Lemon Protein Pancake Mix (batter should be very thin) and add melted coconut oil. Using a large non-stick frying pan on low-med heat, portion ¼ cup of batter and swirl around pan until evenly spread. Cook 30 seconds, flip and brown other side. Fill with your favorite toppings.

Since crepes are not abundantly sweet, they can, and often are, served sweet OR savory. They can be stuffed with nutella and bananas, cottage cheese and strawberries, OR they can be wrapped around spinach, feta and chickpeas.

Nutrition Facts

Serving Size – 4 crepes

Calories 135

Fat 2 g

Carbs 14g

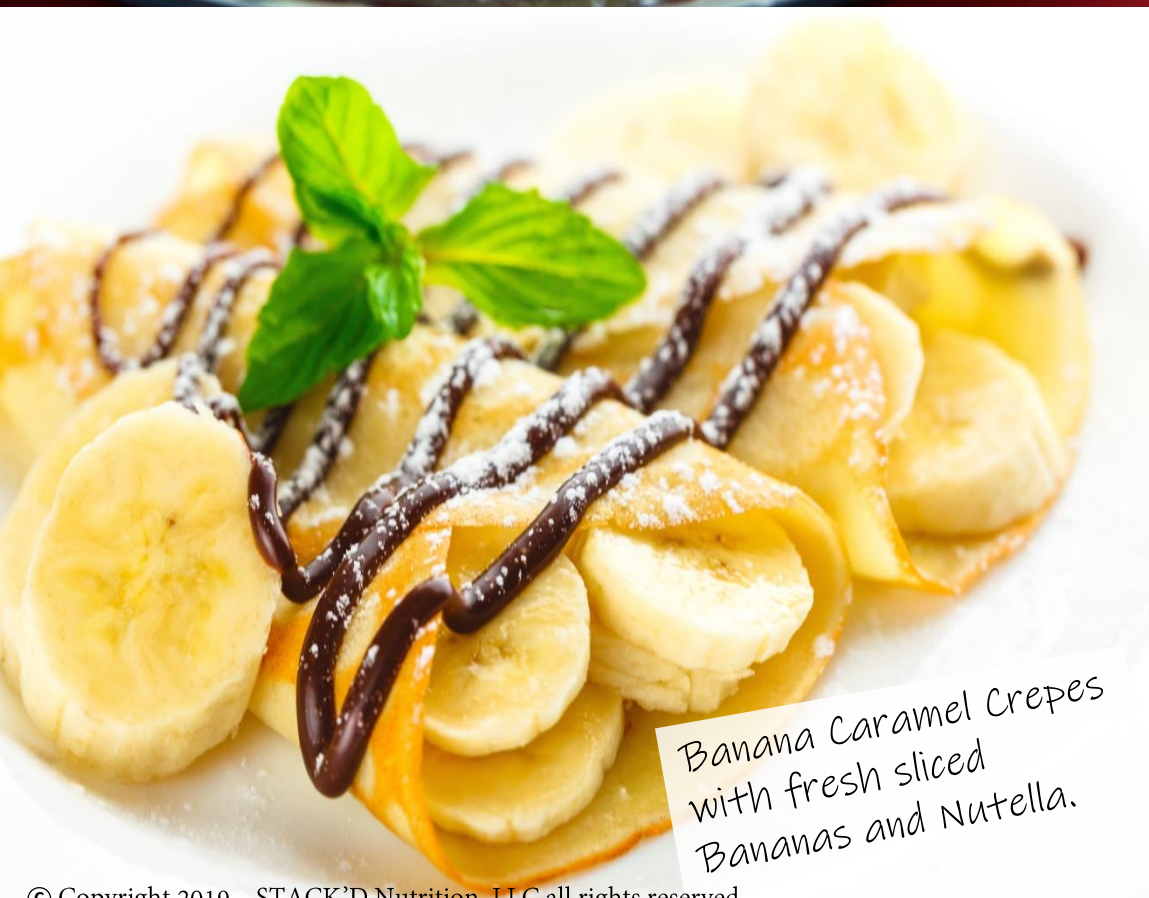
Sugar 2.5g

Fiber 3g

Protein 15g



Lemon Crepes filled with cottage cheese and fresh strawberries



Banana Caramel Crepes with fresh sliced Bananas and Nutella.

Try a savory "Greek Style" crepe stuffed with sautéed spinach, chick peas and feta cheese.



Nutrition Facts

Serving Size – 3 crepes
(without filling)

Calories 135

Fat 2 g

Carbs 14g

Sugar 2.5g

Fiber 3g

Protein 15g

Nutrition Facts

Serving Size – 1 large muffin

Calories 180

Fat 2.5g

Carbs 22g

includes 5g Sugar

Fiber 4g

Protein 18g

Add walnuts or chocolate chips if desired. You can also make this mix with STACK'D Cinnamon Roll, Pumpkin Spice or Original.

STACK'D Banana Chip Muffins

by STACK'D Nutrition Co-Owner Lisa Kassabian


Banana bread perfection. This recipe is classic and chock full of pure banana flavor with just the right level of sweetness. Most banana bread recipes are saturated with butter and sugar. Lisa's protein banana bread, made with STACK'D Banana Caramel Protein Pancake Mix and fresh ripe bananas is low in calories, high in protein and STACK'D with taste.



Ingredients – 6 Servings

- 2-3 very ripe bananas peeled
- 1/3 cup melted butter
- 1 large egg beaten
- 1 tsp vanilla extract
- 1 ½ cups STACK'D Original or STACK'D Banana Caramel
- Optional: Chocolate Chips or Walnuts.

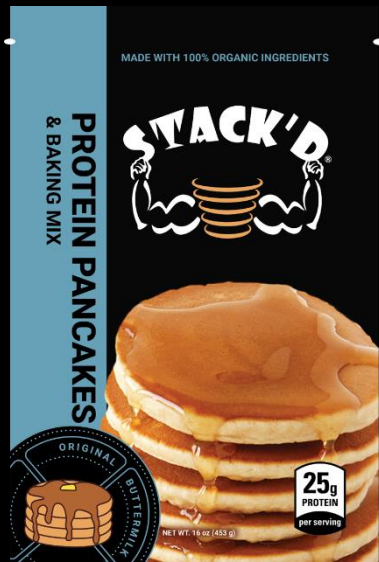
Cooking Directions

 30 Minutes

Pre-heat oven to 350 deg and spray muffin pan with non-stick spray. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir in the melted butter. Mix in beaten egg, vanilla extract and add the STACK'D mix. Add water as necessary to create a thick batter. Spoon into muffin pan. Bake for 20-25 minutes or until a toothpick inserted into the center comes out clean and dry.

STACK'D Original Buttermilk Protein Waffles


Waffles are just pancakes with a syrup trap. But if they're STACK'D Protein Waffles, then they are just pancakes with abs. Waffles made with STACK'D are easy to make no additional ingredients and are high in protein. Crisp on the outside and soft on the inside, they seem almost too good to be true.



Ingredients – 2 Servings

- 1 cup of STACK'D Original Buttermilk Pancake Mix
- ½ cup of cold water
- 2 egg whites or 1 whole egg

Cooking Directions

 **5-8 Minutes**

In a mixing bowl, beat the egg and add cold water. Slowly whisk in ½ cup of STACK'D Original Buttermilk Protein Pancake Mix and let sit until batter thickens. Waffle batter should be slightly thicker than pancake batter. Preheat waffle iron on high heat and spray with non-stick cooking spray. Portion onto waffle iron. Portions may vary according to size of iron. Follow waffle iron manufacturer directions.

We like Belgian Waffles since the "pockets" are deeper which results in a crispier outside texture....and more syrup can be trapped!

Nutrition Facts

Serving Size – 2 waffles

Calories 220

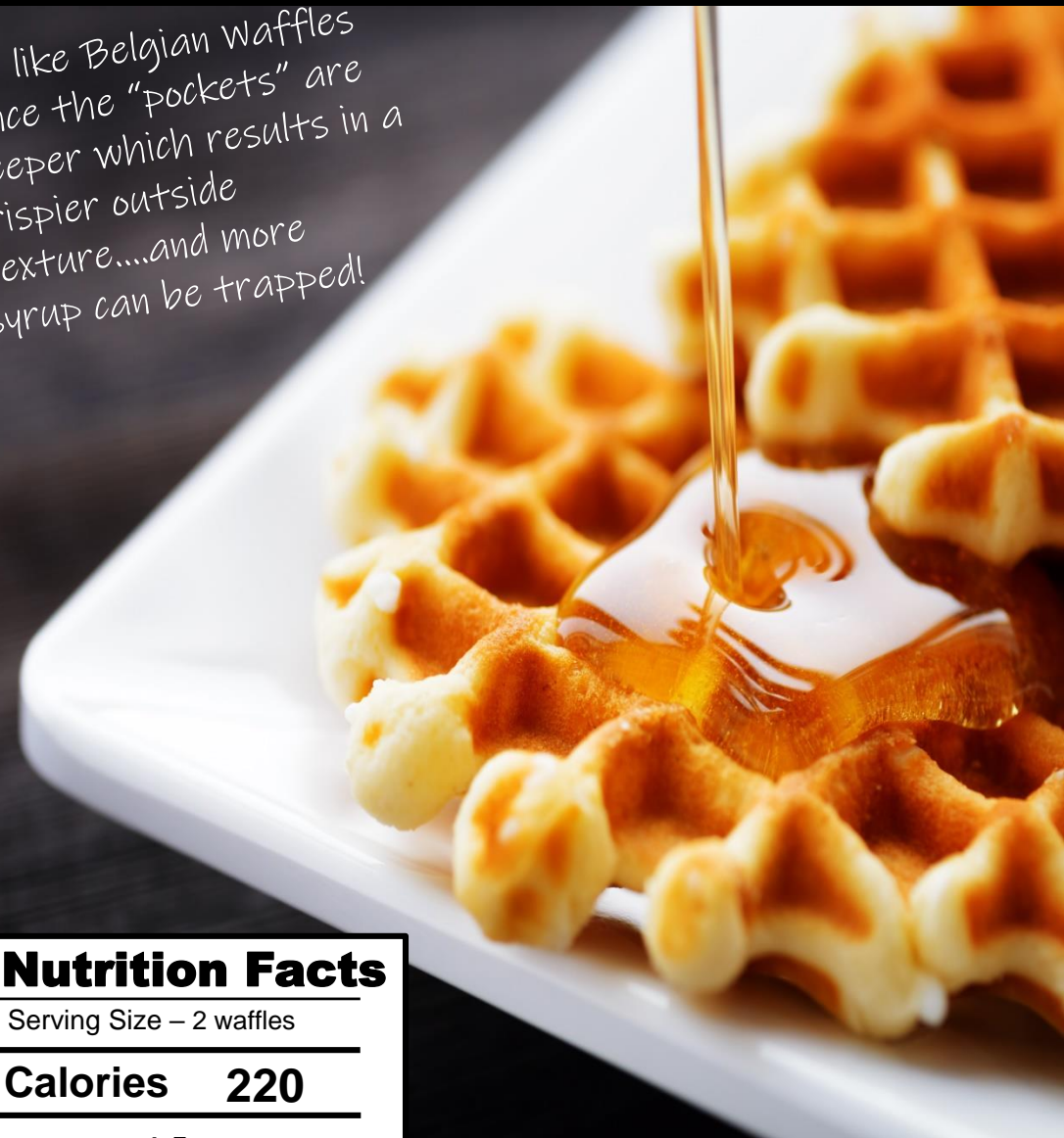
Fat 1.5g

Carbs 27g

includes 5g Sugar

Fiber 5g

Protein 25g



Belgian Waffles made with
STACK'D Peanut Butter
Chocolate Protein Pancake Mix.



Protein Waffles made with
STACK'D Pumpkin Spice
Protein Pancake Mix.



Belgian Waffles made with
STACK'D Natural Lemon
Protein Pancake mix with poppy
seeds added

Nutrition Facts

Serving Size – 2 waffles

Calories 220

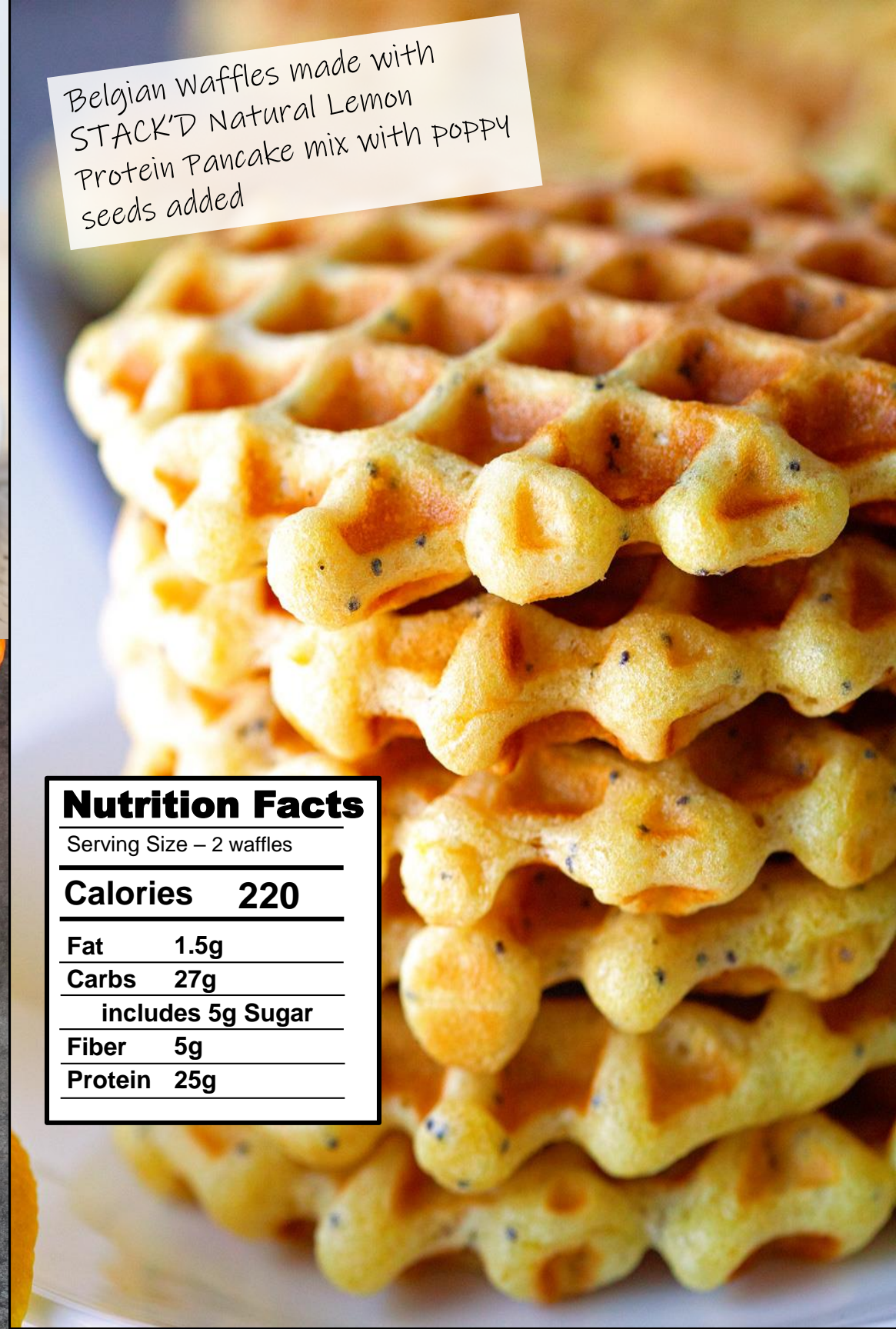
Fat 1.5g


Carbs 27g

includes 5g Sugar


Fiber 5g

Protein 25g



A close-up photograph of golden-brown waffles with a deep grid pattern. Several slices of fresh banana are arranged on top of the waffles. A silver fork is visible, lifting one of the waffles.

"Bananas Foster" waffles
made with STACK'D
Banana Caramel Protein
Pancake Mix.

A close-up photograph of waffles that have been shaped into a twisted, circular form resembling churros. They are heavily coated in a thick, golden-brown sugar or cinnamon powder.

"Churros" waffles made
with STACK'D Cinnamon
Roll Protein Pancake mix by
Tiffany Tatlock.

A close-up photograph of small, star-shaped waffles. They are topped with a drizzle of white icing and a generous sprinkling of shredded white coconut flakes.

Mini Coconut Belgian
Waffles made with
STACK'D KokoNut Protein
Pancake Mix

STACK'D Pina Colada Protein Muffins

Do you like Pina Colada? So do we! These Pineapple Coconut Protein Muffins are a tropical island getaway. Using STACK'D KokoNut Protein Pancake & Baking Mix and crushed pineapple, these muffins are a breeze to make.



Ingredients – 4 Servings

- 2 cup of STACK'D KokoNut Protein Pancake Mix
- 2 cups coconut milk
- 2 TBSP melted coconut oil
- 1 whole egg
- ½ cup of crushed pineapple
- ¼ cup of shredded coconut (optional for topping)

Cooking Directions

 **20 Minutes**

In a mixing bowl, beat the egg and add coconut milk. Slowly whisk in 2 cups of STACK'D KokoNut Protein Pancake Mix and add crushed pineapple. Spray a muffin tin with non-stick cooking spray or you can use cupcake papers. Portion batter until almost full and top with shredded coconut (optional). Place in middle rack of pre-heated 350 deg oven for 12-15 minutes or until toothpick inserted comes out just dry. Let cool and remove from tray.

Nutrition Facts

Serving Size – 1 large muffin

Calories 182

Fat 2.5g

Carbs 22g

includes 7g Sugar

Fiber 4g

Protein 18g

Take a tropical island getaway with these delicious Pina Colada Protein Muffins. Coconut Rum is optional but highly recommended.

STACK'D Pina Colada Protein Cupcakes

What's really the difference between a muffin and a cupcake? Frosting!

Nutrition Facts

Serving Size – 1 large muffin

Calories 154

Fat 2.5g

Carbs 18g

includes 5g Sugar

Fiber 3g

Protein 15g

STACK'D 3-Ingredient Vanilla Protein Frosting

Here's a simple recipe you can make with protein powder to create a sweet frosting for cupcakes, cakes, cookies or even pancakes. You can even use this healthy icing as a dessert sauce or fruit dip.

This recipe calls for zero-calorie sweetener but we find it tastes much better with confectioners sugar if you don't mind a few extra calories.

Ingredients – 2 Servings

- 2 scoops (60g) of vanilla protein powder of your choice
- 6 tbsp. (90ml) Fat-Free Evaporated Milk
- 2 Tbsp Confectioners or Zero-Calorie Sweetener

Nutrition Facts

Serving Size – 2 TBSP

Calories 95


Fat 2g

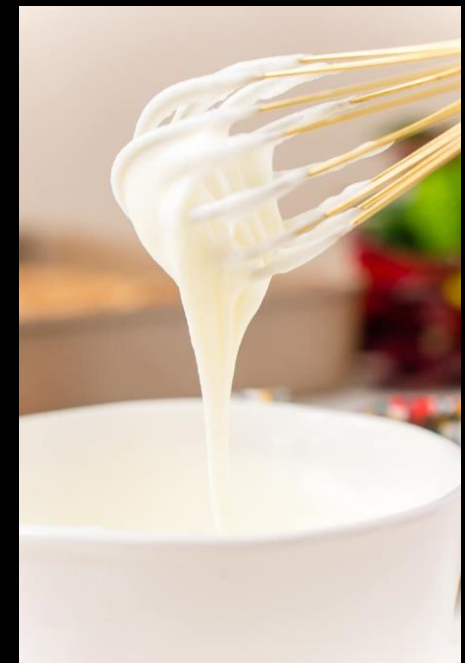
Total Carbs 6g

Protein 13g

Directions

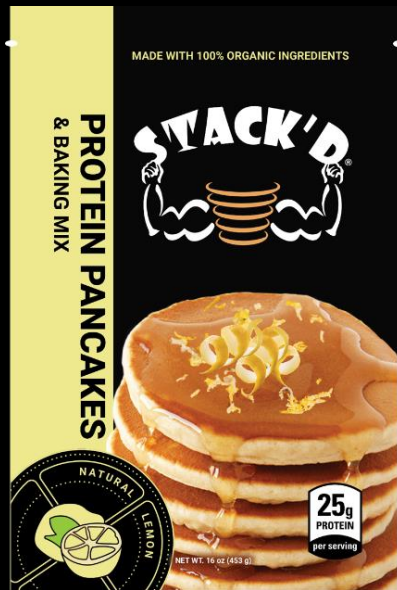
Whisk all ingredients in a small bowl.

 **2 Minutes**



STACK'D Zucchini Protein Pancake Fritters

Add some cooked shredded zucchini to your pancake mix to add extra volume on those days where your hungry for more. This savory pancake recipe is high in protein and can be made with STACK'D Natural Lemon or Original Buttermilk Protein Pancake & Baking Mix.



Ingredients – 2 Servings

- 1 cup of STACK'D Natural Lemon or Original Protein Pancake Mix
- 1 whole egg
- ½ cup water
- ½ cup steamed shredded zucchini
- 2 TBSP Olive Oil

Cooking Directions

 **20 Minutes**

In a mixing bowl, beat the egg and add water. Whisk in 1 cup of STACK'D Protein Pancake Mix and add steamed zucchini to batter with olive oil. Add extra water 1 TBSP at a time for desired consistency. Griddle on med-high heat. Top with low or no fat sour cream.

Zucchini is low in calories and carbs, has a high source of potassium, antioxidants and vitamin C and is a good source of Energizing B Vitamins.



Nutrition Facts

Serving Size – 3-4 pancakes

Calories 235

Fat 2.5g

Carbs 27g

includes 5g Sugar

Fiber 6g

Protein 26g

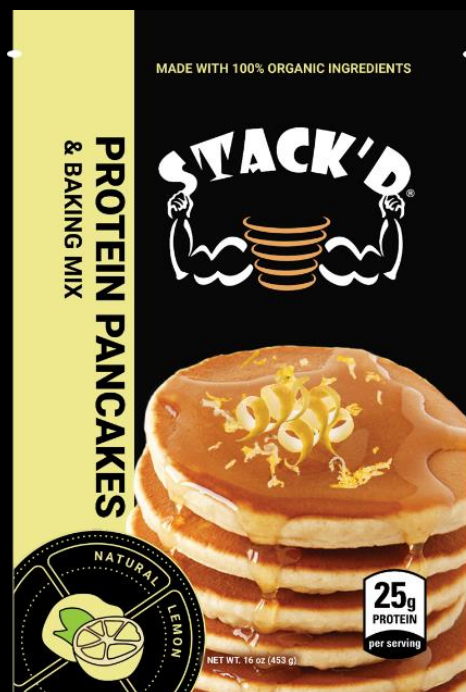
STACK'D Zucchini Quiche

By Nancy Kassabian

My mother's famous Zucchini Quiche made with STACK'D Original or STACK'D Natural Lemon Protein Pancake mix, eggs, cheese, chopped onion and parsley is perfect for a meal, brunch or appetizer served warm or cold and pack'd with protein.

Ingredients – 12 Servings

- 1 cup of STACK'D Natural Lemon or Original Protein Pancake Mix
- 4 whole eggs slightly beaten
- 3 cups thinly slice zucchini
- ½ cup chopped onion
- ½ cup grated Parmesan cheese
- 2 Tbsp. chopped parsley
- ½ tsp salt
- Dash of pepper
- Dash of garlic powder
- ½ cup vegetable or coconut oil



Cooking Directions

 **30 Minutes**

In a mixing bowl, mix all ingredients together. Grease or spray a 11 x 9 x 2 inch baking pan. Spread ingredients into pan and bake until golden at 350 deg (about 25 minutes). Cut into 12 even squares and serve warm or cold.



Nutrition Facts

Serving Size – 1 piece

Calories 186

Fat 2g

Carbs 24g

includes 3g Sugar

Fiber 3g

Protein 18g



STACK'D Protein Pizelles

By Nancy Kassabian

How do you say STACK'D in Italian? A Pizzelle pronounced (pit'tselle) is a traditional thin and crispy Italian waffle cookie made from flour, eggs, butter and flavorings. My mom tweaked the recipe using STACK'D and it takes it to a whole new level. You need a Pizzelle maker, so if you can get your hands on one, don't let go! You can make them with any STACK'D flavor but try it with the Original and add Anise extract or the Lemon with lemon extract.



Ingredients – 8-12 Servings

- 1 $\frac{3}{4}$ cup of STACK'D Natural Lemon or Original Protein Pancake Mix
- 3 whole eggs
- $\frac{1}{2}$ cup melted butter (or coconut oil)
- Water as needed
- Flavor extracts: Anise, Vanilla, Lemon (to taste)

Cooking Directions

 **20 Minutes**

Beat 3 eggs and slowly mix in $\frac{1}{2}$ cup of melted butter or coconut oil). Add 1 $\frac{3}{4}$ cups of sifted STACK'D Protein Pancake Mix (Lemon or Original) and mix. Batter should be thick...add a tbsp. of water at a time for right consistency. Should be thick but able to drop off a spoon. Add a heaping tbsps to Pizzelle maker and cook as directed (about a minute to 90 seconds). Let cool.



Nutrition Facts

Serving Size – 3-4 pizelles

Calories 115

Fat 2 g

Carbs 14g

Sugar 2.5g

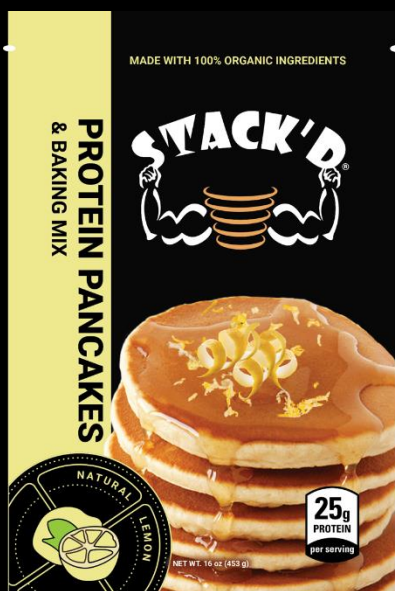
Fiber 3g

Protein 10g

For Anise flavored use STACK'D Original and add $\frac{1}{2}$ - 1 tsp Anise and 1 tsp Vanilla extract to recipe. For lemon add 1 tsp lemon extract.

STACK'D Baked Cauliflower Tempura

Try this savory STACK'D recipe as a side-dish or appetizer. Using STACK'D Protein Pancake mix as a "tempura" batter and baked in the oven, you'll get all the taste and extra protein without the added fat and calories.



Ingredients – 4 Servings

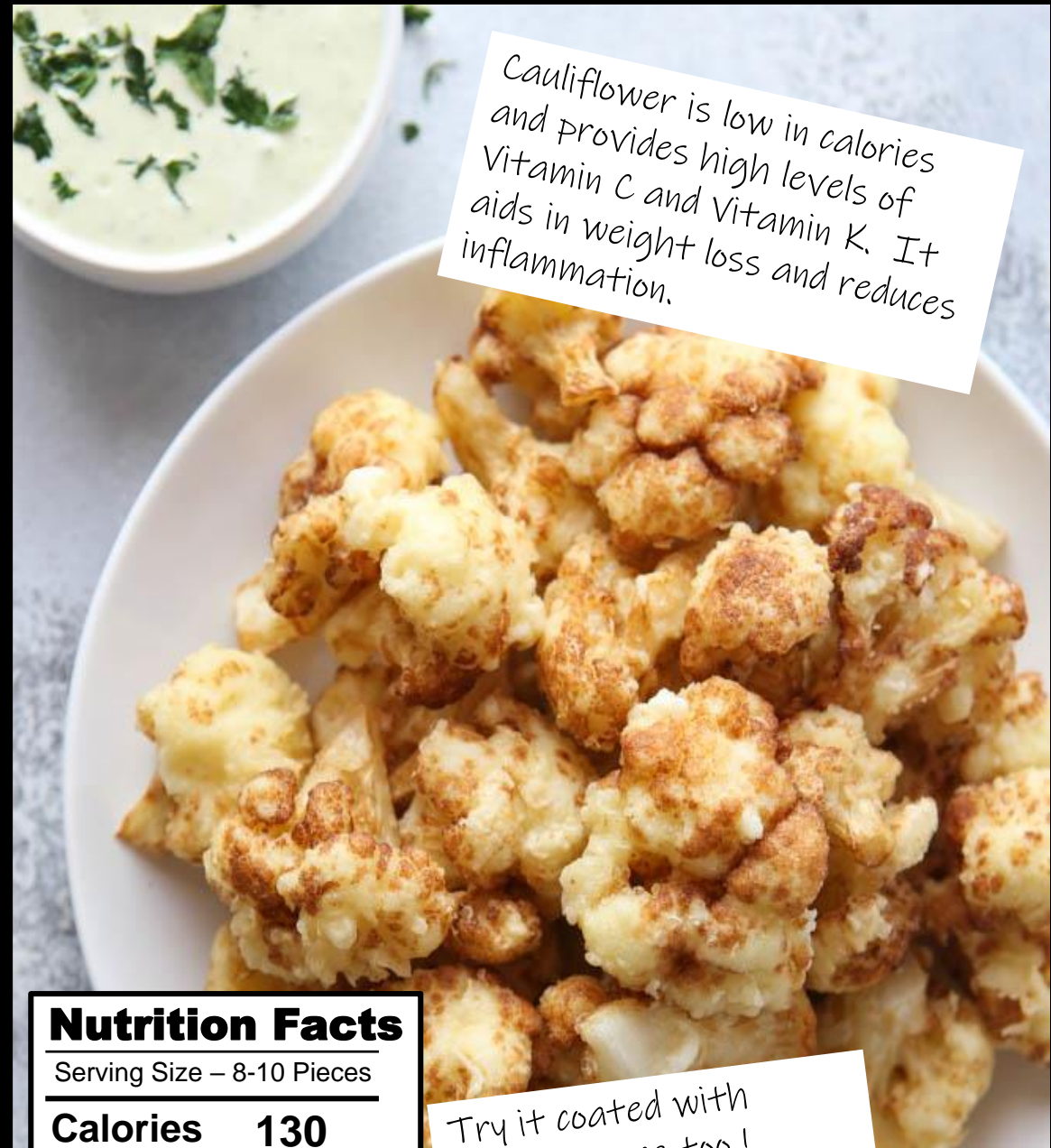
- 1 cup of STACK'D Original, Natural Lemon or KokoNut Protein Pancake Mix.
- 2 egg whites or 6 tbsp liquid egg whites
- ½ cup milk (or sub with coconut or almond milk)
- 1 head of cauliflower partially cooked / steamed.

Cooking Directions



20-25 Minutes

In a mixing bowl, beat the egg and add the milk. Add 1 cup of STACK'D Protein Pancake Mix and stir until batter is thick. Dip or coat each piece of par-cooked cauliflower in batter and arrange on baking tray (use cooking spray to prevent sticking). Bake at 375 degrees until golden and crispy. Serve with low sodium soy sauce or wasabi dressing as a dipping sauce.



Nutrition Facts

Serving Size – 8-10 Pieces

Calories 130

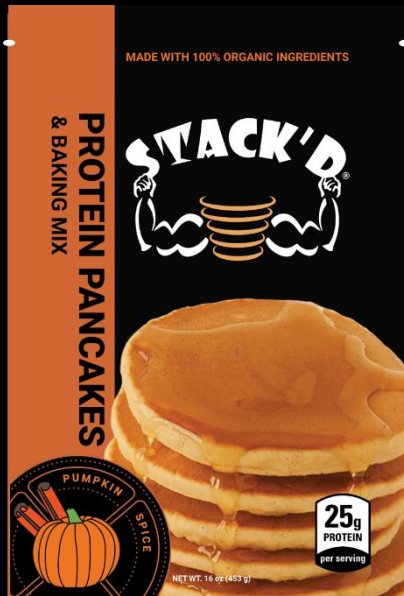
Fat	2g
Carbs	18g
Sugar	2g
Fiber	3g
Protein	9g

Try it coated with buffalo sauce too!



STACK'D and SPICE'D Carrot Cake Protein Muffins

Did you ever wish you could have carrot cake for breakfast? These muffins are a tasty stand-in. Studded with grated carrots and spiced with cinnamon, they are a tasty, high protein anytime healthy treat.



Ingredients – 4 Servings

- 2 cups of STACK'D Cinnamon Roll or Pumpkin Spice Protein Pancake Mix
- 1 whole egg
- 1 cup of cold water (add tbsp at a time for right consistency)
- ½ cup of shredded carrots (steamed lightly in microwave)
- ¼ cup of crushed walnuts (if desired)

Cooking Directions 20-25 Minutes

Preheat oven to 350 deg on middle rack. Beat egg and add water and still in rest of ingredients in a large bowl. Add additional water if necessary to make a thick but smooth batter. Lightly coat muffin tray with non-stick cooking spray. Pour or spoon mixture into trays. Bake at 350 deg for 10-12 minutes or until a toothpick inserted is dry. If desired, top with STACK'D Protein Glaze.



Our Carrot Cake Muffins can be made with our Cinnamon Roll, Pumpkin Spice or even CinnaBuzz'd Protein Pancake & Baking mix. They are delicious plain or with a frosting or glaze on top.

Nutrition Facts

Serving Size – 1 large muffin

Calories 154

Fat 2.5g

Carbs 18g

includes 5g Sugar

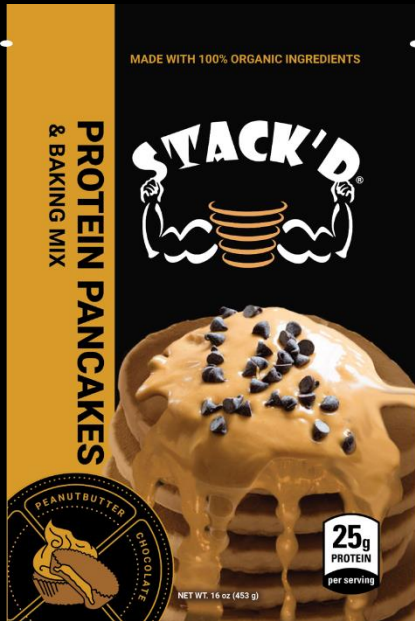
Fiber 3g

Protein 15g



STACK'D Peanut Butter Chocolate Protein Muffins

Because no one should have to choose between peanut butter and chocolate....these muffins are easy to make with STACK'D Peanut Butter Chocolate Protein Pancake and Baking Mix.



Ingredients – 12 Servings

- 2 cups of STACK'D Peanut Butter Chocolate Protein Pancake Mix
- 1 whole egg
- 1 cup of cold water (add tbsp at a time for right consistency)
- ¼ cup chocolate chips (optional)
- ¼ cup peanut butter chips (optional)

Cooking Directions



20-25 Minutes

Preheat oven to 350 deg on middle rack. Beat egg and add water and still in rest of ingredients in a large bowl. Add additional water if necessary to make a thick but smooth batter. Lightly coat muffin tray with non-stick cooking spray. Pour or spoon mixture into trays. Bake at 350 deg for 10-12 minutes or until a toothpick inserted is dry. If desired, top with STACK'D Protein Glaze.

Optional: Add peanut butter chips and/or chocolate chips!

Nutrition Facts

Serving Size – 3 mini muffins

Calories 154

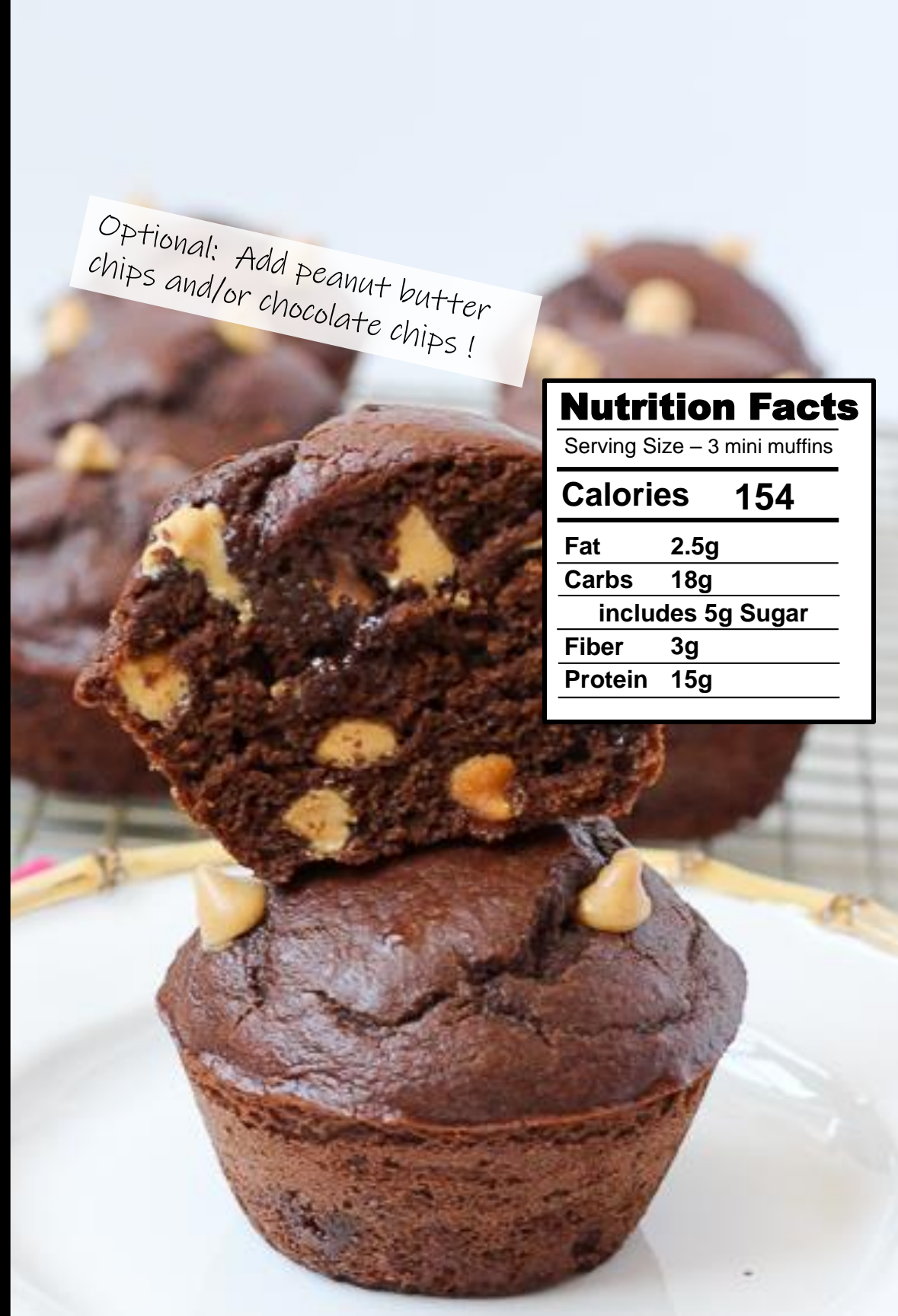
Fat 2.5g

Carbs 18g

includes 5g Sugar

Fiber 3g

Protein 15g



More Muffin ideas with STACK'D

Use our basic muffin recipe and substitute other STACK'D flavors and ingredients to create these delicious high protein muffins



Lemon Poppy Seed Muffins made with STACK'D Natural Lemon



Cinnamon Roll Muffins



Chocolate and Peanut Butter Chip Muffins made with STACK'D Original Buttermilk



Cinnamon Sugar Protein Pancake Bites made with STACK'D Cinnamon Roll Protein Pancake & Baking Mix.



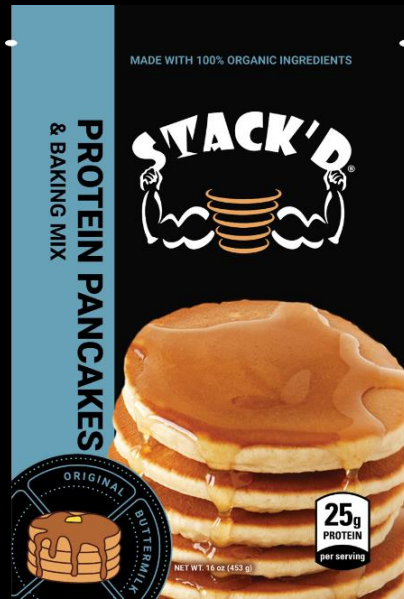
Blueberry Protein Muffins made with STACK'D Original or STACK'D Lemon Protein Pancake & Baking Mix fresh blueberries.

STACK'D Peanut Butter Protein Cookies

Soft and chewy peanut buttery protein goodness. These delicious high protein cookies are easily made with only 4 ingredients with no sugar added.

Ingredients – 4 Servings

- 1 cup of STACK'D Original Buttermilk Protein Pancake & Baking Mix
- 1 cup all natural peanut butter
- 1/2 cup of milk (or almond milk)
- 1 tsp vanilla extract



Cooking Directions



20-25 Minutes

Preheat oven to 375 deg on middle rack. Mix all ingredients together in a bowl and roll into balls. Place on greased baking sheet. Use a fork to flatter out the cookies. Bake for about 8-10 minutes.

Nutrition Facts

Serving Size – 1 cookie

Calories 68

Fat 2.5g

Carbs 6g

Sugar 3g

Fiber 1g

Protein 5g



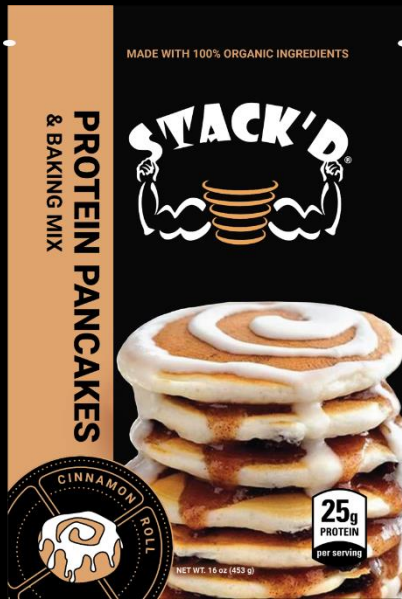
Try using a high protein nut or almond butter for extra protein!

STACK'D Oatmeal Raisin Protein Cookies

Soft and chewy oatmeal raisin cookies. These delicious high protein cookies are easily made with only 4 ingredients with no sugar added.

Ingredients – 12 Servings

- 1 cup of STACK'D Original Buttermilk or Cinnamon Roll Protein Pancake & Baking Mix
- ½ cup brown sugar (or substitute)
- 1.5 cup of old fashioned oats
- ¾ cup raisins
- ½ cup butter or coconut oil
- 1 tsp cinnamon
- 1 whole egg



Cooking Directions



20-25 Minutes

Preheat oven to 375 deg on middle rack. Mix all ingredients together in a bowl and roll into balls. Place on greased baking sheet spaced apart. Bake for about 8-10 minutes.

You can also add walnuts, raisins or other dried fruit.



Nutrition Facts

Serving Size – 1 cookie

Calories 90

Fat 3g

Carbs 20g

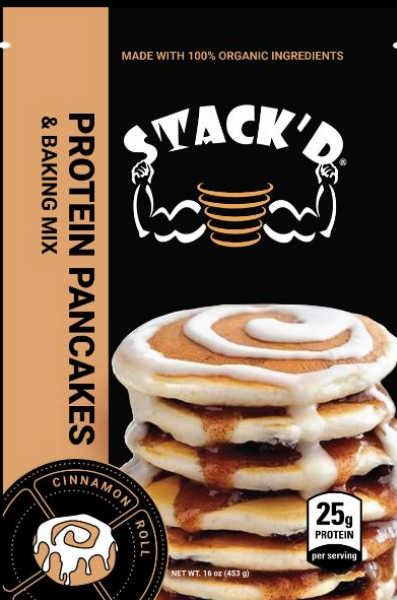
Sugar 5g

Fiber 3g

Protein 13g

STACK'D Cinnamon Roll Protein Donuts

Take donuts off the cheat meal list for good with this delicious baked high protein recipe. All you need is STACK'D and a donut pan and its time to make the donuts.



Ingredients – 6-8 Servings

- 1 cup of STACK'D Cinnamon Roll Protein Pancake & Baking Mix
- 2 egg whites or 1 whole egg
- ½ cup of cold water or (almond milk)

Cooking Directions



20-25 Minutes

Preheat oven to 350 deg on middle rack. Beat egg and mix all ingredients together in a bowl. Lightly coat a donut baking tray with non-stick cooking spray. Pour mixture into donut tray and bake for approximately 8-10 minutes or until a toothpick inserted is dry.

Protein Glaze: 3 TBSP vanilla nonfat greek yogurt, 1 tsp stevia, 2 tbsp. vanilla, whey protein powder, water or milk to desired consistency.

Nutrition Facts

Serving Size – 1 donut

Calories 97

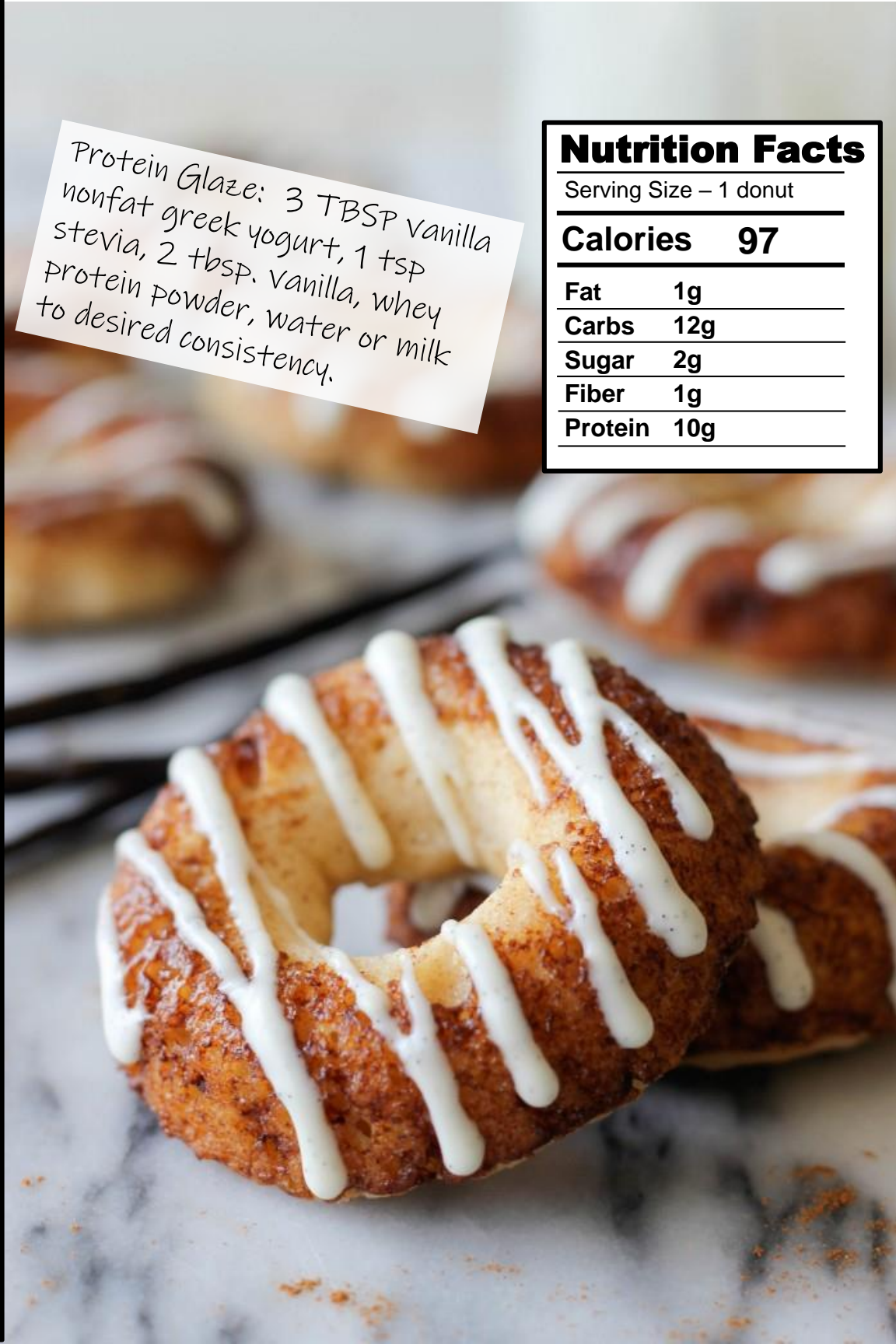
Fat 1g

Carbs 12g

Sugar 2g

Fiber 1g

Protein 10g



STACK'D Apple Cider Donuts

Nutrition Facts

Serving Size – 1 donut

Calories 97

Fat 1g

Carbs 12g

Sugar 2g

Fiber 1g

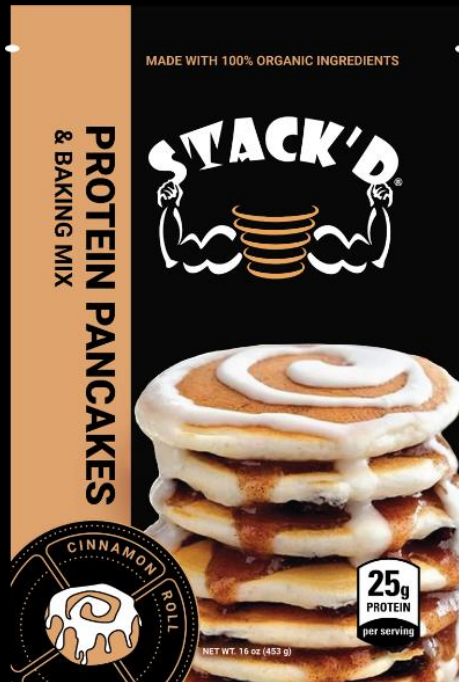
Protein 10g

Sprinkle cinnamon sugar made with $\frac{1}{4}$ cup cinnamon and $\frac{1}{4}$ cup sugar or sugar substitute.

Try using STACK'D Pumpkin Spice and replace the water in our donut recipe with Apple Cider for Baked Apple Cider Donuts!

STACK'D Cinna Bunz

These Bunz won't stick to yours! Try this recipe to make CinnaBunz using STACK'D Cinnamon Roll Protein Pancake Mix. It's takes a bit longer because we're making a dough and there are a few extra steps—but its worth it.



Ingredients – 8 Servings

Dough

- 2 Cups almond milk, warm
- ½ cup coconut oil, melted
- ¼ cup of brown sugar
- 1 pack active dry yeast
- 4 ½ cups of STACK'D Cinnamon Roll Protein Pancake & Baking Mix
- 1/2 cup coconut oil melted
- 2 egg whites or 1 whole egg

Filling:

- ½ cup applesauce,
- ½ cup brown sugar
- 2 Tbsp ground cinnamon.

Cooking Directions



45min–1hour

In a large bowl, whisk together warm almond milk, coconut oil and sugar. Sprinkle the yeast evenly over the warm mixture and let sit 5 minutes. Add 4 cups of STACK'D Cinnamon Roll Protein Pancake mix to the milk mixture with a wooden spoon. Cover with towel and set in warm place to rise 1 hour. Preheat oven to 350 degrees. In a small bowl, combine applesauce, brown sugar and cinnamon. Remove towel and add remaining STACK'D mix. Stir well then turn out onto a well floured surface. Knead the dough until dough loses its stickiness to surface. Roll out dough to 1/4 inch thick. Spread filling mixture over dough. Gently roll dough into a large log and slide it into 1 inch pieces. Place rolls onto a greased pan and bake for 30 minutes. Remove from oven and let cool. Drizzle frosting over the rolls before serving.

© Copyright 2019 – STACK'D Nutrition, LLC all rights reserved.

Frosting: Combine 4 oz light cream cheese, softened with 2 Tbsp coconut oil, melted, 2 Tbsp almond milk, 1 tsp vanilla extract and 3 Tbsp maple syrup

Nutrition Facts

Serving Size – 1 large roll

Calories	253
-----------------	------------

Fat	5g
------------	-----------

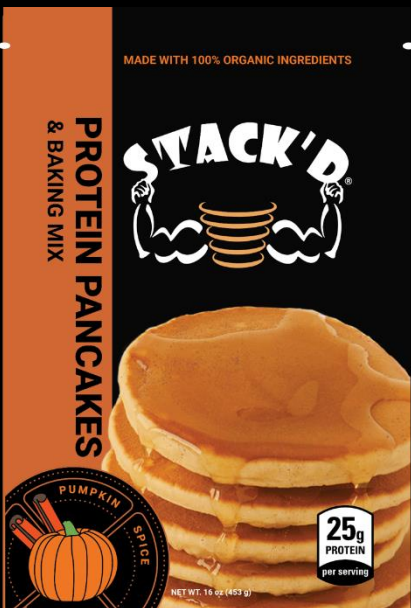
Total Carbs	32g
--------------------	------------

Fiber	5g
--------------	-----------

Protein	20g
----------------	------------

STACK'D Apple Crisp


Easy as pie. Simple high protein dessert made with STACK'D Protein Pancake and Baking Mix, Granny Smith Apples and chopped nuts.



Ingredients – 4 Servings

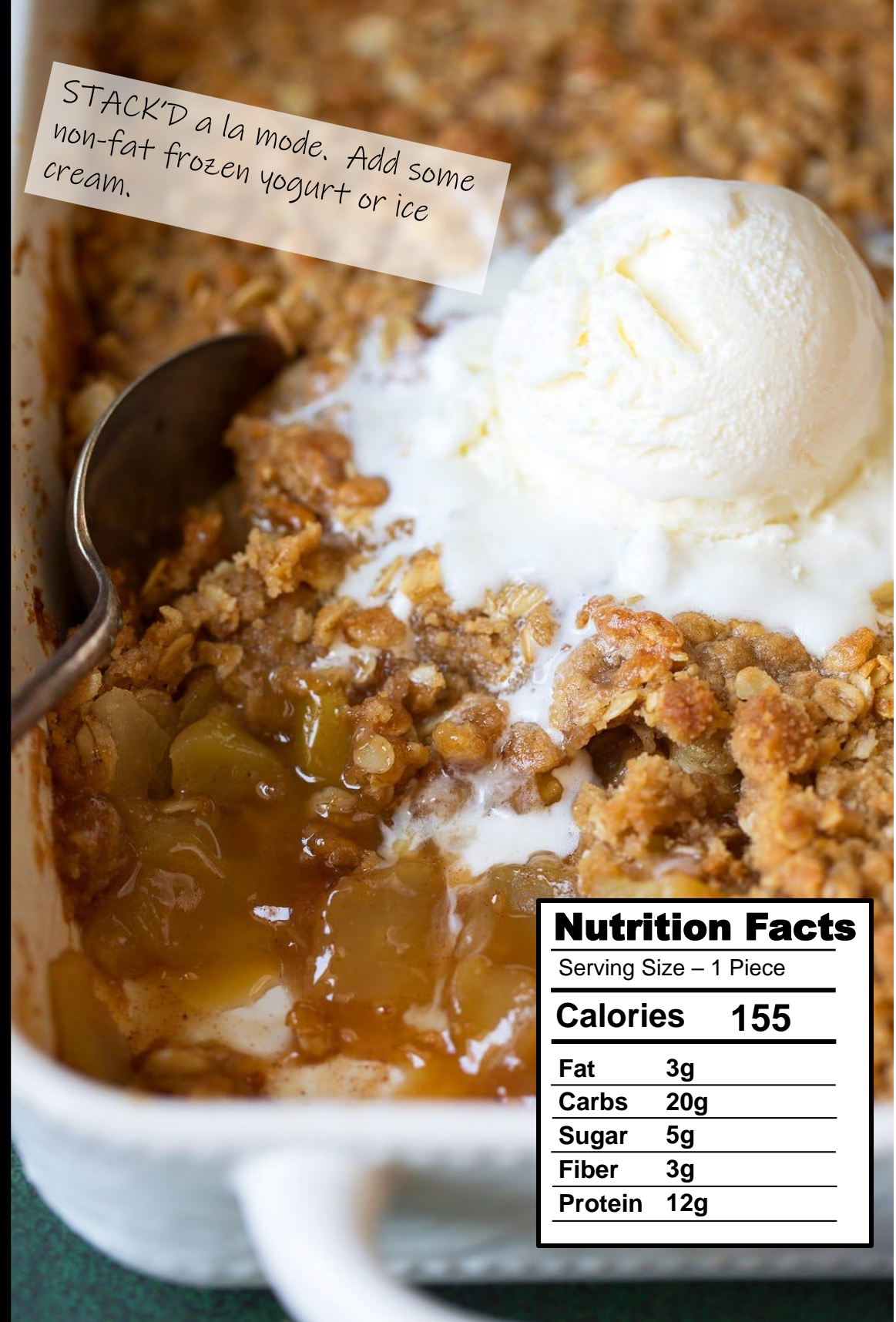
- 1 cup of STACK'D Cinnamon Roll, Gingerbread or Pumpkin Spice Protein Pancake & Baking Mix.
- 1 cup quick rolled oats
- 4 Tbsp of chopped walnuts
- 1/2 cup Brown Sugar or Splenda Brown Sugar Blend
- 1/4 cup organic coconut oil (or melted butter)
- 3 peeled and sliced granny smith apples

Cooking Directions

 **30-40 Minutes**

Preheat oven to 350 deg on middle rack. Combine all dry ingredients. Mix in coconut oil until dry ingredients become a crumbly topping. Layer apples in a pie dish, then crumble topping, then more apples, then finish with remainder of topping. Bake for 30 minutes

STACK'D a la mode. Add some non-fat frozen yogurt or ice cream.



Nutrition Facts

Serving Size – 1 Piece

Calories 155

Fat 3g

Carbs 20g

Sugar 5g

Fiber 3g

Protein 12g

STACK'D KokoNut Shrimp

This crunchy coconut shrimp is baked instead of fried and so easy. Using STACK'D KokoNut as a breading, you save on carbs without sacrificing taste. Great for dinner or an appetizer.



Ingredients – 2 Servings

- 1/2 cup STACK'D KokoNut Protein Pancake and Baking Mix.
- 1 cup shredded coconut
- 1 whole egg and 2 egg whites
- 12 large shrimp (peeled and deveined)

Cooking Directions



20-25 Minutes

In one bowl mix STACK'D KokoNut Protein Pancake and Baking mix with shredded coconut. Beat eggs together in separate bowl. Dip shrimp in egg. Heavily coat shrimp in dry mixture (egg will make the batter stick). Place on non-stick baking tray. Sprinkle extra coconut on top if desired. Bake at 400 degrees for 12-15 minutes until browned and crispy.



Nutrition Facts

Serving Size – 6 large shrimp

Calories 98

Fat 2g

Carbs 8g

Sugar 2g

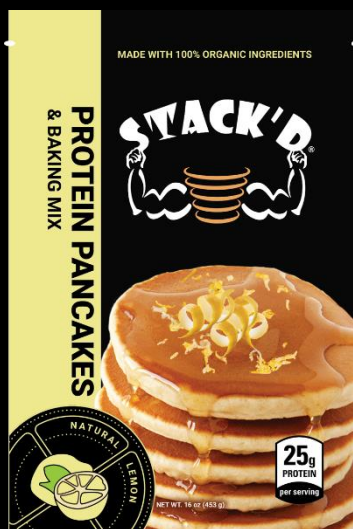
Fiber 1g

Protein 12g

Serve with red chili sauce, orange marmalade or pineapple salsa.

STACK'D "GGS" Turkey Meatballs

These "Ginger Garlic Scallion" turkey meatballs uses STACK'D as a binder instead of breadcrumbs. Leaner than beef, these meatballs are healthy, versatile and packed with flavor. The combination of ingredients give these an Asian flare while also providing a balance of flavors that can be served by themselves or with pasta or veggies.



Ingredients – 2 Servings

- 1/2 cup STACK'D Natural Lemon Protein Pancake & Baking Mix.
- 1 lb extra lean organic ground turkey
- 1 large clove of garlic minced
- 2 Tbsp shredded fresh ginger
- 1/2 cup chopped scallions
- 1/4 cup of parmesan cheese
- 1 tsp salt / 1 tsp pepper
- 1 whole egg

Cooking Directions



20-25 Minutes

Combine all ingredients together and mix by hand in a large bowl. Form in to 12-14 meatballs (golf ball size) and bake at 400 degrees on a greased baking sheet for approximately 15 minutes or until done.



Serve with zucchini noodles or your favorite pasta.

Nutrition Facts

Serving Size – 3 meatballs

Calories	121
-----------------	------------

Fat	5g
------------	-----------

Carbs	9g
--------------	-----------

Sugar	3g
--------------	-----------

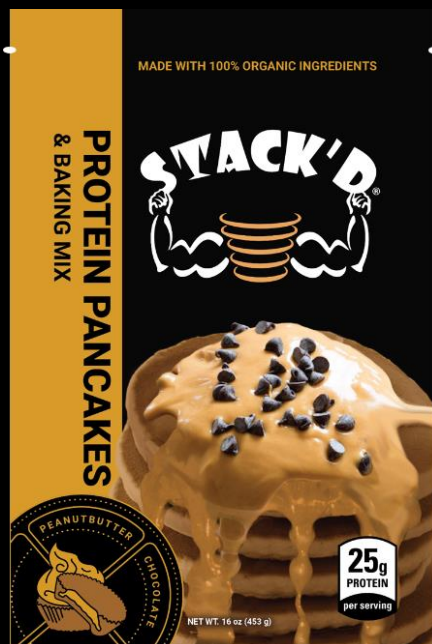
Fiber	1.5g
--------------	-------------

Protein	10g
----------------	------------



STACK'D Peanut Butter Chocolate Protein Brownies

Soft and Chewy Peanut Butter Chocolate brownies that are packed with protein. Made with STACK'D PB Chocolate Protein Pancake & Baking Mix.



Ingredients – 12 Servings

- 4 cups STACK'D Peanut Butter Chocolate Protein Pancake mix.
 - 1 whole egg
 - 1 ½ - 2 cups water.
 - ¾ cup coconut or vegetable oil (substitute ¾ cup apple sauce)
 - 1 cup sugar free chocolate syrup
- Optional:
- ½ cup chocolate chips
 - ½ cup peanut butter chips

Cooking Directions

 **25-30 Minutes**

Preheat oven to 350 degrees on middle rack. In a large mixing bowl, beat egg, add STACK'D mix, water, oil and sugar free syrup. Add peanut butter and chocolate chips if desired. Pour into a greased 9 x 12 baking pan (batter should be less than inch thick). Bake for approximately 18-20 minutes and remove from oven. Brownies will rise a like a cake – press down with a spatula or towel to “flatten” them out while they are still a bit warm. Cut into squares and serve.



Nutrition Facts

Serving Size – 1 brownie

Calories 170

Fat 5g

Carbs 15g

Sugar 5g

Fiber 2g

Protein 17g

STACK'D Gingerbread Man Cookies

STACK'D Gingerbread Man cookies are not only a treat for the holidays but a great high protein snack anytime! This is a tried and true recipe that we are happy to share with you. Fun to decorate – pipe on some icing and make them your own!



Ingredients – 8-10 servings

- 4 cups STACK'D Gingerbread Protein Pancake Mix
- 1 large egg
- 1/2 cup melted butter or coconut oil
- 1/2 cup molasses

Cooking Directions



10-12 Minutes

In a large bowl beat egg, add 4 cup (1 lb) of STACK'D Gingerbread Protein Pancake Mix. Add melted butter or coconut oil, add molasses. Knead into dough and refrigerate covered for 30 minutes. Roll out dough thin, cut into shapes and place on baking sheet with parchment paper. Bake at 350 degrees for approximately 8-10 minutes. Let cool and decorate!



Nutrition Facts

Serving Size – 2 cookies

Calories 90

Fat 1.5g

Carbs 11g

Sugar 3g

Fiber 1g

Protein 8g

STACK'D Strusel Coffee Crumb Cake

This Strusel Coffee Cake with a crumbly topping can be made with STACK'D Gingerbread, Pumpkin Spice or Cinnamon Roll Mix and is easy to make, high in protein and low calorie

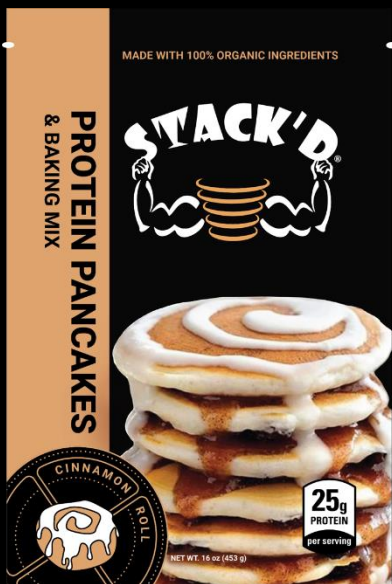
Ingredients – 9 servings


Cake:

- 90 g STACK'D Gingerbread Mix
- 1 Tbsp Molasses
- 1/8 cup unsweetened applesauce
- 1 large egg
- ½ cup unsweetened cashew or almond milk

Topping:

- ½ Cup STACK'D Cinnamon Roll mix
- 1 tsp cinnamon
- 1 Tbsp Molasses
- 1 Tbsp Vitafiber syrup
- 2 tsp Truvia
- ½ Tbsp Sugar Free Maple Syrup



 25-30 Minutes

Cooking Directions

Mix topping ingredients and set aside – should be crumbly.
Mix cake ingredients and put in 8 x 8 pan then put on topping.
Bake for 20 minutes at 350 degrees. Makes 9 Pieces



Nutrition Facts

Serving Size – 1 Piece

Calories 135

Fat 1.5g

Carbs 17g

Sugar 5g

Fiber 1g

Protein 13g



STACK'D Cranberry Walnut Protein Muffins


The taste of fall with these delicious Cranberry Walnut Protein Muffins made with STACK'D Pumpkin Spice Protein Pancake and Baking Mix.



Ingredients – 6 Servings

- 2 cups of STACK'D Pumpkin Spice Protein Pancake Mix
- 1 whole egg
- 1 cup of cold water (add tbsp at a time for right consistency)
- ¼ cup dried cranberries
- ¼ cup of crushed walnuts

Cooking Directions

 20-25 Minutes

Preheat oven to 350 deg on middle rack. Beat egg and add water and still in rest of ingredients in a large bowl. Add additional water if necessary to make a thick but smooth batter. Lightly coat muffin tray with non-stick cooking spray. Pour or spoon mixture into trays. Bake at 350 deg for 10-12 minutes or until a toothpick inserted is dry.



Nutrition Facts

Serving Size – 1 large muffin

Calories 154

Fat 2.5g

Carbs 18g

includes 5g Sugar

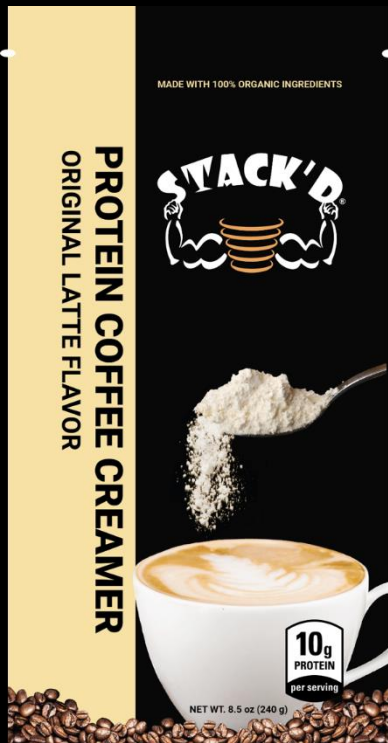
Fiber 3g

Protein 15g



STACK'D Cinnamon Dolce Latte

Inspired by Starbuck's Cinnamon Dolce latte but without the sugar, fat, and significantly less calories. 10 grams of protein and only 4 carbs (no added sugar) using STACK'D Protein Coffee Creamer – Original Latte Flavor.



Ingredients – 1 Serving

- 8-12 oz of hot coffee
- 2 TBSP STACK'D Protein Coffee Creamer – Original Latte
- Dash of Cinnamon



2 minutes

Directions

Brew hot coffee and add 2 TBSP of STACK'D Protein Coffee Creamer – Original Latte flavor. Stir until dissolved. With a battery operated mini frother blend create a thick creamy froth on top and add a dash of cinnamon.



You can buy one of these battery operated milk frothers for under \$10 online.



Nutrition Facts

Serving Size – 1 cup

Calories 70

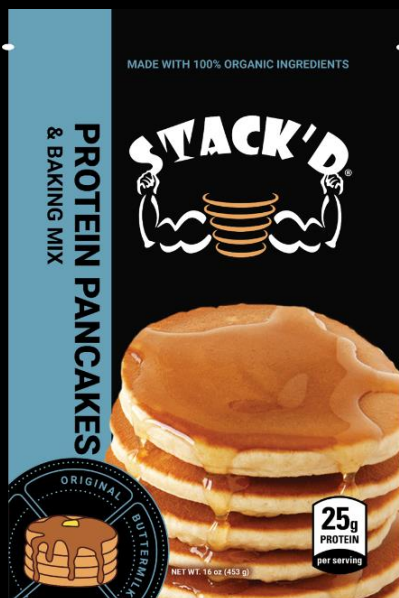
Fat 1.5g

Total Carbs 4g

Protein 10g

STACK'D Protein Pancake and Fruit Kebob Samplers


These Protein Pancake Kebob samples are a perfect appetizers for brunch or a fun way to eat breakfast. The possibilities are endless and you can make them small or large or with any flavor of STACK'D or fruit you have available. Try it with Nutella too for an extra delicious treat !



Ingredients – 12 Servings

- 1 cup of STACK'D Original Buttermilk, Banana or Lemon Protein Pancake Mix
- ½ cup of cold water
- Sliced Strawberries, Bananas, Blueberries or raspberries.
- 2 egg whites or 6 tbs of Liquid Egg whites

Cooking Directions

 **5-8 Minutes**

In a mixing bowl, beat the egg whites and cold water. Slowly whisk in ½ cup of STACK'D Protein Pancake Mix and let sit until batter thickens. Add additional water until batter is a thick yet pourable consistency. Portion small silver dollar sized pancakes onto preheated griddle on medium to high heatcook until lightly browned on both sides. Assemble kebobs on a toothpick from (bottom to top) layering pancake, strawberry and banana.



Nutrition Facts

Serving Size – 1 kebob

Calories 75

Fat .5g

Carbs 10g

Sugar 5g

Fiber 2g

Protein 7.5g



STACK'D Funfetti Birthday Cake Protein Pancakes


Combining STACK'D Original with STACK'D Natural Lemon Protein Pancakes with a touch of vanilla creates a "cake batter" flavor that are perfect for these Birthday Cake Protein Pancakes. Top with whipped cream or protein icing and you'll feel like a kid again.



Ingredients – 2 Servings

- ½ cup of STACK'D Natural Lemon Protein Pancake Mix
- ½ cup of STACK'D Original Buttermilk Protein Pancake Mix
- ½ cup of cold water + additional water as needed
- 2 egg whites or 6 Tbsp Liquid Egg Whites.
- 1 Tbsp Rainbow Confetti or Sprinkles
- 1 tsp Vanilla Extract

Cooking Directions

 5-8Mnutes

In a mixing bowl, beat the egg and cold water. Slowly whisk in STACK'D Protein Pancake Mix and vanilla. additional water until batter is a thick yet pourable consistency. Portion onto preheated griddle on medium to high heat. Add confetti or sprinklesflip and cook until lightly browned on both sides.



Nutrition Facts	
Serving Size – 3 pancakes	
Calories	230
Fat	1.5g
Carbs	28g
includes 5g Sugar	
Fiber	5g
Protein	25g



STACK'D Nutella Stuffed Banana Protein Pancakes

Freeze Chocolate or Nutella discs ahead of time and create these stuffed protein pancakes with ease! We're using STACK'D Banana Caramel Protein Pancake mix in this recipe but you could use any flavor – try it with STACK'D Original or KokoNut!



Ingredients – 3 Servings

- 1 cup of STACK'D Banana Caramel Protein Pancake Mix
- ½ cup of cold water + additional water as needed
- 2 egg whites or 6 Tbsp Liquid Egg Whites.
- 6-8 Tbsp Nutella

Cooking Directions

 10 Minutes

Line a sheet pan with parchment paper. Spoon 1 ½ tbsp. of Nutella onto the prepared pan about 2 ½ inches in diameter. Repeat making 6 discs. Freeze the discs. Place in freezer for 15-20 minutes. In a mixing bowl, beat the egg and cold water. Slowly whisk in STACK'D Protein Pancake Mix. additional water until batter is a thick yet pourable consistency. Portion onto preheated griddle on medium to high heat. Add frozen nutella disc and add more batter. Cook until lightly browned on both sides.



Nutrition Facts

Serving Size – 2 med pancakes

Calories 405

Fat 12g

Total Carbs 44g

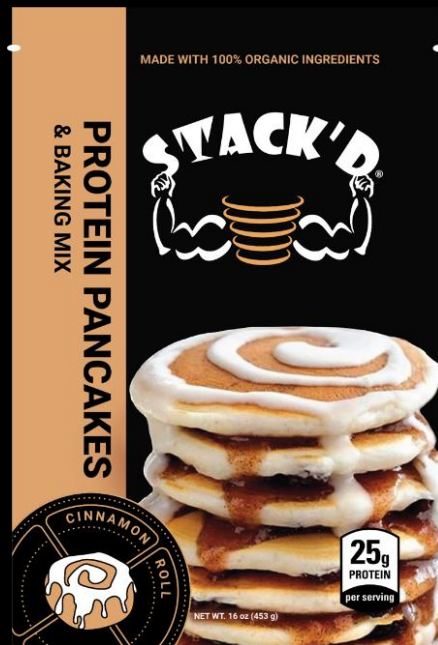
Fiber 6g

Protein 30g



STACK'D Snickerdoodle Cookies

Soft and chewy Cinnamon Sugar Snicker doodle cookies with half the amount of calories of conventional recipes with all the protein. With STACK'D Cinnamon Roll Protein Pancake mix – your list of ingredients just got smaller and the recipe is easy as could be.



Ingredients – 4 Servings

- 2 cup of STACK'D Cinnamon Roll Protein Pancake & Baking Mix
- $\frac{3}{4}$ cup unsalted, softened butter
- 2 large eggs
- $\frac{3}{4}$ cup sugar
- 2 Tbsp sugar + 1 Tbsp Cinnamon mixed.

Cooking Directions



20-25 Minutes

Preheat oven to 350 deg on middle rack. In a large bowl, combine butter, eggs and $\frac{3}{4}$ cups sugar and beat with electric mixer until smooth. Slowly mix in STACK'D on low speed until mixed completely. Line baking sheet with parchment paper and roll 1 Tbsp of dough into a ball. Roll the ball in cinnamon sugar mix and place on baking sheet. Space cookies 2" apart. Bake for 8-12 minutes until edges brown. Remove and cool.

For less sugar, you can use a 1:1 sugar substitute.

Nutrition Facts

Serving Size – 1 large cookie

Calories 78

Fat 2.5g

Carbs 8g

Sugar 4g

Fiber 1g

Protein 6g

Try it with STACK'D Peanut Butter Chocolate Mix too!

What kind of syrup should I use?

A lot of people ask us what we recommend for syrup. It comes right down to personal choice and nutrition requirements. However, here are a few things you should know about syrups.

Pure maple syrup is completely natural and organic and has been around for ages. Maple sugar is made when the sap from the sugar maple trees is boiled and boiled for a longer period of time than it takes to make the syrup product. It takes nearly 100 gallons of maple syrup to make just 1 pound of maple sugar so it can be quite expensive! When nearly all of the water has been boiled away, the remnants left are a solid sugar called “maple sugar.”

STACK'D Nutrition does not use any modified or artificial sweeteners in their pancake mix. STACK'D uses organic pure maple sugar to lightly sweeten their protein pancake product. Because maple sugar is twice as sweet and fewer calories than cane sugar, it makes a perfect sweetener, and of course compliments our pancakes perfectly. In addition, real maple syrup contains manganese (aids in energy production), Zinc (helps with immune system), Calcium (great for strengthening bones and teeth), Riboflavin (aids in metabolic processes) Magnesium (associated with lowered risk of heart disease) and Potassium (helps to maintain a normal blood pressure) .

Before I became a self-proclaimed pancake expert, I had no idea there was such a thing as fake maple syrup. Now that we have been using the real stuff for years, the fake stuff almost makes me gag. Fake maple sugar is made from a long list of ingredients and that contain *water, high fructose corn syrup, cellulose gum, artificial maple flavor, artificial colors, preservatives, sodium benzoate, xanthan gum and sucralose* to name a few. They are marketed as lower calorie, calorie free, gluten free, sugar free and fat free but they contain no actual maple syrup, which is why they are so inexpensive. If you don't mind the “chemical brands” – then by all means give them a try, but we don't recommend any of these products for obvious health reasons and as a matter of personal choice.

Compare that ingredient list to a high quality Local Organic Maple Syrup and you'll find one **ingredient: Organic Maple Syrup** (which is actually what you'd expect from maple syrup. If you're not on a strict, bodybuilding or fitness prep diet (pure maple syrup does contain a high amount of sugar) - you may actually find that when using real maple syrup, with the delicious natural flavors of STACK'D Protein Pancakes, that you need significantly less as a topping. We also recommend eating STACK'D plain, with a little bit of butter, honey, peanut butter or even yogurt and fruit.



STACK'D Tip: Because pure maple syrup needs to be refrigerated, we like to warm the syrup in a small microwave safe container before serving. It thins it out, brings out the natural flavor and a little goes a long way. Added benefit...your not pouring cold thick syrup on your fresh, hot off the griddle STACK'D Protein Pancakes or waffles!

HEALTHY TOPPING IDEAS

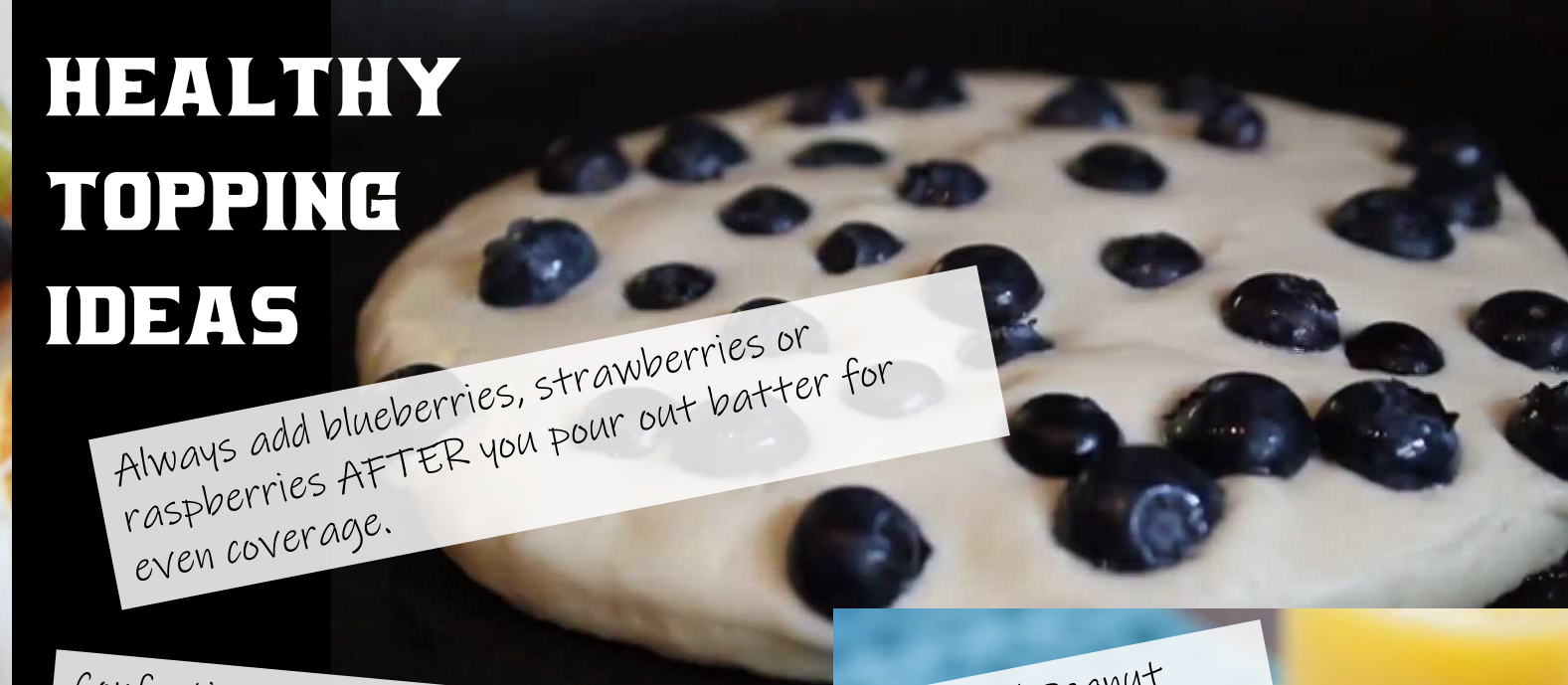
Fresh fruit
pancake pizzas

Always add blueberries, strawberries or raspberries AFTER you pour out batter for even coverage.

Confectioners sugar,
Fat free whipped cream or
ricotta on STACK'D Lemon
Pancakes

Natural Peanut
Butter

Add some yogurt



Gourmet Topping Ideas

Because everyone
needs a
“Cheat Day”



Bacon Pecan Maple Syrup

Cook 4 strips bacon until crisp; crumble. Drain all but 1 tablespoon of the drippings; add 1/2 cup chopped pecans and cook 2 minutes. Add 1½ cups maple syrup, the bacon and 1/4 teaspoon cider vinegar; heat through.



Double Berry Compote

Simmer 1 1/2 cups maple syrup, 1 cup mixed blueberries and blackberries, and a few slices of ginger, 15 minutes. off the heat, stir in another 1/2 cup berries.



Strawberries and Cream

Toss 2 cups chopped strawberries with 1/2 cup brown sugar; let sit at least 1 hour. Top pancakes with the berries and their juices and sour cream; sprinkle with brown sugar.



Marmalade Butter and Yogurt

Melt 1 stick butter in a saucepan with 1/4 cup orange marmalade and a pinch of salt; whisk to combine. Top pancakes with plain yogurt and drizzle with the marmalade butter.



Chocolate-Banana Crunch

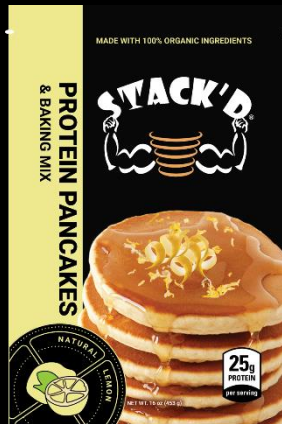
Microwave 4 ounces chopped bittersweet chocolate with 3 tablespoons heavy cream and 2 tablespoons honey in 30-second intervals, stirring, until smooth. Top pancakes with sliced bananas, the chocolate sauce and granola.

“Stacking” STACK’D Flavors

Instead of using 1 /2 cup of a single mix – try mixing a 1/4 cup of each to your STACK’D Pancake Batter to make some delicious flavor combinations !



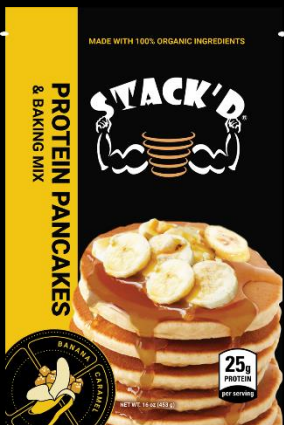
+



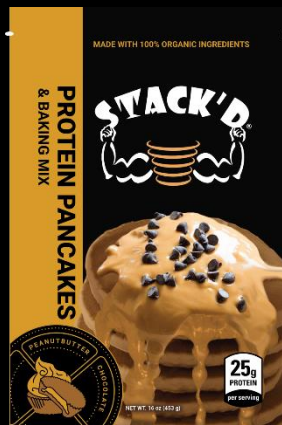
=



STACK’D
Lemon &
KokoNut



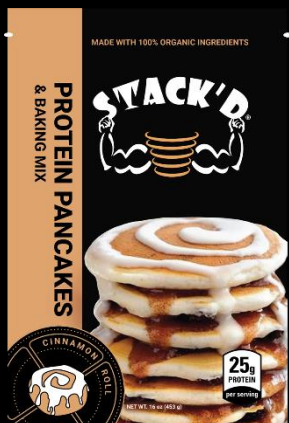
+



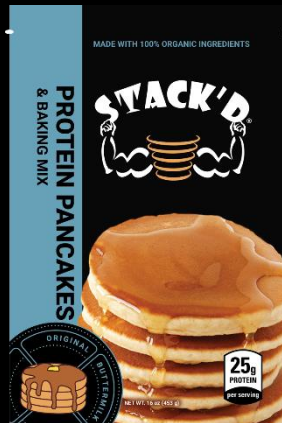
=



STACK’D
Peanut Butter
Chocolate
and Banana



+



=



STACK’D **Cinnamon Swirl**