

# Protein Power Hybrid Pancakes

## Ingredients:

- 2-4 T. honey, optional
- 1 1/2-2 cups water, add a little more if it seems too thick
- 1 c. [sourdough starter](#)
- 2 c. ready-made pancake mix (*We like the Krusteaz brand from [Walmart](#)*)
- 1 scoop [protein powder](#), optional (*We like to use the vanilla flavor*)
- 1 T. [MCT oil powder](#), optional

## Directions:

In a large bowl mix together the dry ingredients.

Gently stir in the sourdough starter and honey, add the water a little at a time to get the right consistency.

*(The finished product will be tough if it is over stirred.)*

### *Cooking instructions:*

#### **For pancakes:**

Heat a greased griddle or skillet over medium-high heat.

Pour 1/4 cup of batter onto the griddle.

Flip when the top is bubbly. Don't mash down!

Cook just until the other side is browned.

#### **For waffles:**

Preheat your waffle iron.

Spray iron with cooking spray and then pour about 1/3 cup of batter onto the iron.

Cook as directed or until the steaming stops.

These can also be frozen and reheated in the microwave or toaster.