



## PB Patty Cakes

AKA Poffertjes—tiny Dutch pancake puffs. Banana, oats and protein powder in the batter, peanut butter sauce drizzled on top for functional drool fuel.

**Servings:** 4, each serving feeds 4-5 people  
Mini pancake yield: 60-65 total, 1" diameter

### Ingredients

#### Mini pancake puffs:

1 cup rolled oats  
1/4 cup water, room temp  
1 banana, ripe  
2 ounces (2 pumps) **Jif**® Creamy Peanut Butter Sauce  
2 eggs  
1/2 cup egg whites  
4 teaspoons baking powder  
1/4 teaspoon salt  
1/4 teaspoon cinnamon powder  
2 tablespoons flaxseed meal  
2/3 cup vanilla whey protein powder

#### Garnish:

4 ounces (4 pumps) **Jif** Creamy Peanut Butter Sauce  
4 tablespoons butter, cut into cubes

### Directions

1. Heat a griddle to 350°F
2. To make the mini pancake batter, add all of the ingredients into a blender and blend until fully combined.
3. Transfer the pancake batter into a squirt bottle for easy pouring.
4. Squeeze enough batter for 1" circle pancakes on the hot griddle and cook on both sides.
5. To serve, place 15-17 mini pancake puffs in a bowl, drizzle with peanut butter sauce and finish with a cube of butter to melt.