Michele Sodon

PROTEIN PANCAKES

NUTRITION PER SERVING:

CALORIES	311
PROTEIN	37 G
CARBOHYDRATE	11 G
TOTAL FAT	19 G

PREP TIME:	15 MINUTES
COOK TIME:	10 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1 PANCAKE

INGREDIENTS:

½ C	HIGH QUALITY PROTEIN POWDER
½ C	ALMOND FLOUR (OR OATS)
½ TSP	BAKING SODA
¼ TSP	SEA SALT
10 DROPS	LIQUID STEVIA (OR HALF A BANANA)
4	EGGS
1 C	COTTAGE CHEESE
½ C	LOW FAT MILK
1 TBSP	COCONUT OIL

01 Combine the protein powder, almond flour, baking soda and salt in a medium bowl. Mix until fully combined.

02 In a food processor combine the stevia, eggs, cottage cheese and milk. Add the dry ingredients and pulse to combine.

03 Heat a pancake griddle over medium heat. Grease with the coconut oil, cook the batter by ¼ cup scoops until bubbles form, then flip and cook the other side until golden. Serve with grass fed butter.

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