Michele Sodon

NUTRITION PER SERVING:

CALORIES	152
PROTEIN	8.7 G
CARBOHYDRATE	7.2 G
TOTAL FAT	11 G

PREP TIME:	10 MINUTES
COOK TIME:	20 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1 PANCAKE
SERVINGS:	6 PANCAKES

INGREDIENTS:

2 TBSP	ORGANIC BUTTER
½ C	NON-FAT GREEK YOGURT
½ C	WATER
6	ORGANIC, OMEGA 3, FREE RANGE EGGS
2 TBSP	RAW HONEY
½ C	LOW-FAT COTTAGE CHEESE
1 C	ALMOND MEAL
1 TSP	BAKING POWDER
½ TSP	SALT

PUFFY PANCAKES

01 Preheat oven to 425 degrees F.

02 Place butter in a pie plate and melt in the oven.

03 Place all the remaining ingredients in blender and blend for 1 minute.

04 Remove pan from oven and pour batter into pie plate.

05 Bake until puffy and golden, about 20 minutes. Cut into wedges and serve with fresh strawberries and pure maple syrup.

✔ A super-easy tasty breakfast, great for company.

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