



Cottage Cheese Protein Pancakes

Serves 4

1 heaped cup (250g) cottage cheese

3 eggs

1 tbsp. of vanilla sugar

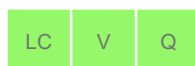
1 tbsp. of coconut sugar

3 heaped tbsp. flour (regular or gluten-free)

What you need to do

1. Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.
2. Whisk the egg whites into a stiff foam and add to the cheese mixture. Gently combine the ingredients.
3. Heat a dry, non-stick pan and fry the pancakes (about 2 tablespoons of batter per pancake) in batches, for about 3 minutes, until the bottom is slightly browned. Turn and cook for another 2 minutes.

Suggest serving: Greek yogurt, honey, and berries



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	162	4	18	12

*Nutrition per serving

