

COTTAGE CHEESE PROTEIN PANCAKES



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
162 kcal
4g Fats
18g Carbs
12g Protein



WHAT YOU NEED

- 1 heaped cup (250g) cottage cheese
- 3 eggs
- 1 tsp. of vanilla extract
- 1 tbsp. of coconut sugar
- 3 heaped tbsp. flour (regular or gluten-free)

WHAT YOU NEED TO DO

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.

Whisk the egg whites into a stiff foam and add to the cheese mixture. Gently combine the ingredients.

Heat a dry, non-stick pan and fry the pancakes (about 2 tbsp. of batter per pancake) in batches, for about 3 minutes, until the bottom is slightly browned. Turn and cook for another 2 minutes.

Suggested serving: Greek yogurt, honey, and berries.

