



### PROTEIN PLAIN PANCAKE

Ideal for breakfast or on the go snack. Great with greek yogurt and berries top with cinnamon or savoury version with avocado slices, fresh herbs and salt and pepper.

 5 minutes

 10 minutes

 1 portion

## INGREDIENTS

- 1 large unit of egg [50 g/ 1.7 oz]
- 2 tbsp of unflavored whey protein supplement [20 grams /0.7]
- 1/2 tsp of baking powder [3 g/ 0.1 oz]
- 1 dash of sea salt
- 1/4 cup of low fat cottage cheese [57 g/ 2 oz]
- 2 tbsp of oat flour [12 grams/ 0.5 oz] **or** 2 tbsps, ground of seeds, flaxseed [14 g]
- 1/2 tsp of clarified butter [ghee] [2.5 grams/ 0.08 oz] **or** 1/2 tsp of oil, olive, salad or cooking [2 g/ 0.08 oz]

## COOKING METHOD

- 1° Grease a small skillet with olive oil or ghee and heat it up in medium temperature.
- 2° In a medium bowl, break an egg and add the cottage cheese. Beat with a fork or mixer until as smooth as possible.
- 3° Add the almond flour, whey protein isolate, baking powder and salt. Mix well.
- 4° Por the mixture into the pan and let it cook for 2 minutes. Flip to cook the other side.
- 5° Remove the pancake from the skillet Enjoy with your favourite toppings.
- 6° Alternatively, cook the mixture in a greased small glass round bowl in the microwave for about 2 minutes. Check if it is done in the middle. If not, put in the microwave for about 15 to 30 seconds. Remove it, cut it in half, toast and enjoy with your favorite toppings.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [145 g]	% DRI
ENERGY	191 kcal	276 kcal	14 %
FAT	8 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	17 %
CHOLESTEROL	133 mg	192 mg	64 %
SODIUM	482 mg	699 mg	29 %
CARBOHYDRATE	6 g	9 g	3 %
SUGARS	1 g	2 g	—
FIBER	2 g	2 g	9 %
PROTEIN	23 g	33 g	—