



## NUTRITION PER SERVING:

<b>CALORIES</b>	311
<b>PROTEIN</b>	37 G
<b>CARBOHYDRATE</b>	11 G
<b>TOTAL FAT</b>	19 G

<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	10 MINUTES

<b>YIELD:</b>	6 SERVINGS
<b>SERVING SIZE:</b>	1 PANCAKE

## INGREDIENTS:

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

# PROTEIN PANCAKES

- 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.

