

COTTAGE CHEESE

Protein Pancakes

Ingredients:

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

Serves 4



Directions:

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 and sugars 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.

