

## NUTRITION PER SERVING:

|              |       |
|--------------|-------|
| CALORIES     | 152   |
| PROTEIN      | 8.7 G |
| CARBOHYDRATE | 7.2 G |
| TOTAL FAT    | 11 G  |

|            |            |
|------------|------------|
| PREP TIME: | 10 MINUTES |
| COOK TIME: | 20 MINUTES |

|               |            |
|---------------|------------|
| YIELD:        | 6 SERVINGS |
| SERVING SIZE: | 1 PANCAKE  |
| SERVINGS:     | 6 PANCAKES |

## INGREDIENTS:

|        |                                   |
|--------|-----------------------------------|
| 2 TBSP | ORGANIC BUTTER                    |
| ½ C    | NON-FAT GREEK YOGURT              |
| ½ C    | WATER                             |
| 6      | ORGANIC, OMEGA 3, FREE RANGE EGGS |
| 2 TBSP | RAW HONEY                         |
| ½ C    | LOW-FAT COTTAGE CHEESE            |
| 1 C    | ALMOND MEAL                       |
| 1 TSP  | BAKING POWDER                     |
| ½ TSP  | SALT                              |



## PUFFY PANCAKES

- 01 Preheat oven to 425 degrees F.
- 02 Place butter in a pie plate and melt in the oven.
- 03 Place all the remaining ingredients in blender and blend for 1 minute.
- 04 Remove pan from oven and pour batter into pie plate.
- 05 Bake until puffy and golden, about 20 minutes. Cut into wedges and serve with fresh strawberries and pure maple syrup.

✓ A super-easy tasty breakfast, great for company.

