



### NUTRITION PER SERVING:

|                     |       |
|---------------------|-------|
| <b>CALORIES</b>     | 152   |
| <b>PROTEIN</b>      | 8.7 G |
| <b>CARBOHYDRATE</b> | 7.2 G |
| <b>TOTAL FAT</b>    | 11 G  |

|                   |            |
|-------------------|------------|
| <b>PREP TIME:</b> | 10 MINUTES |
| <b>COOK TIME:</b> | 20 MINUTES |

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

### INGREDIENTS:

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

