



## 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.

