

Pancakes with Blueberries & Maple Syrup

🕒 15 min 🍽️ 4 servings

255 Kcal / serving

12g Protein 19g Fat 9g Carbs

Ingredients

- Raw Egg, 4 egg (172 g)
- Cottage Cheese, 8 oz (226 g)
- Butter or Coconut Oil, 4 tbsp (52 g)
- Blueberries, 1 cup (147 g)
- Psyllium Husk AUS, 2 tbsp (10 g)
- Sugar Free Maple Syrup, 5 portion(s) (100 g)



Instructions

1. Add eggs, cottage cheese and ground psyllium husk powder to a medium size bowl and mix together. Let sit for 5-10 minutes to thicken.
2. Heat up butter in a non-stick skillet. Fry the pancakes on low to medium heat for 3-4 minutes on each side. Avoid making them too thin or they will break.
3. Repeat for 4 pancakes.
4. Serve the pancakes with blueberries and drizzle with sugar free maple syrup.

Comments

Keto, Gluten Free, Vegetarian.

These pancakes are also a great snack served cold! Wrap a few up and bring them to work with you!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1018.7	144.1	254.7
Protein [g]	47.3	6.7	11.8
Fat [g]	74.5	10.5	18.6
Carbs [g]	35.5	5	8.9
Fiber [g]	4.6	0.7	1.2
Net Carbs [g]	30.9	4.4	7.7



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	356.5	50.4	89.1
Iron, Fe [mg]	3.7	0.5	0.9
Magnesium, Mg [mg]	49.8	7	12.5
Phosphorus, P [mg]	697.2	98.6	174.3
Potassium, K [mg]	633.1	89.5	158.3
Sodium, Na [mg]	1119.8	158.4	280
Zinc, Zn [mg]	3.6	0.5	0.9
Vitamin A, RAE [ug]	433.3	61.3	108.3
Vitamin E [mg]	2.9	0.4	0.7
Vitamin D [ug]	3.4	0.5	0.9
Vitamin C [mg]	14.3	2	3.6
Thiamin [mg]	0.2	0	0.1
Riboflavin [mg]	1.4	0.2	0.4
Niacin [mg]	1	0.1	0.3
Vitamin B6 [mg]	0.5	0.1	0.1
Vitamin B12 [ug]	2.6	0.4	0.7
Vitamin K [ug]	29.2	4.1	7.3