

C's Protein-Style Pancakes

Yields:

8 pancakes (using 1/4 cup batter per pancake)

Calories: 60 Protein: 12 g., Carbs: 10 g.

1 PANCAKE = 2 UNITS PRO & 2 UNITS CARBS

1 cup low-fat cottage cheese
1/2 cup all-purpose flour
1/4 whole wheat flour
-both flours sifted together
2 scoops MRM Low-Carb Vanilla Protein Powder
1/2 tsp. salt
1 1/2 cup egg-replacement
1/4 cup low-fat milk (2%)
1/4 cup canola oil
canola oil cooking spray

Directions:

1. Place ingredients in a blender and blend until smooth (1 - 2 min.).
2. Heat large skillet sprayed with canola oil. Use 1/4 measurement cup for each pancake. Make sure that the skillet is good -n- hot. Use sugar-free maple syrup OR a dollop of Dannon Light Vanilla yogurt, or what your menu calls for.

COOKS HINT:

You can double this recipe (if your blender is big). Cook all of the pancakes. Cool on your counter coated with paper towels. Keep three days worth in your fridge and then freeze the rest. Layer the pancakes with parchment paper to separate them in a zip-lock bag. They will last for at least one month in your freezer! Re-heat on the griddle or in the microwave.

TOASTING PECANS: Place one layer of pecans on a baking sheet in a pre-heated oven to 275° for about 15 minutes or until crispy and slightly browned. This enhances the flavor of the nut a ton!