



Cinnamon Pancakes

Serves 3

1 serve = 15g protein & 2g carbohydrate

INGREDIENTS

100g cottage cheese (unflavoured)

½ tspn baking powder

½ tspn cinnamon

2 tblspns soda water

Butter

4 eggs

30g soy flour

1 tspn xylitol

Separate the eggs. Combine the egg yolks with the cottage cheese, flour, soda water, baking powder, salt and sweetener. Beat the egg whites until stiff, then gently fold this in with the other ingredients.

Heat the butter in a fry pan. Drop the mixture into the pan. Cook until lightly browned underneath, then turn over to cook other side.

If serving with berries add 2.5 g of carbohydrate per ¼ cup.

This recipe is suitable for Metabolic Syndrome and Fat (weight) Loss programs.

Recipe created by **Vivienne Savill**
Naturopath and Registered Nurse
Reg Nurse, Adv Dip Nat, BH Sci (Comp. Med)

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