



YOGHURT PROTEIN PANCAKES (SERVES 2)

INGREDIENTS:

- 2 pots of high protein yoghurt (I used Arla Blueberry)
- 2 eggs
- 125g plain flour
- 100ml milk
- 1/2 tsp bicarbonate of soda
- 1/2 tsp baking powder
- fresh or frozen fruit of your choice (I used frozen blueberries)

INSTRUCTIONS:

- combine the eggs and flour in a bowl under well mixed.
- add in one pot of the yoghurt and mix to make a smooth batter using the milk to loosen the mixture if needed.
- add in the bicarb and baking powder and mix well.
- heat up a non stick frying pan on a high heat.
- add one ladle of the mixture to the pan allowing the mixture to fill the bottom of the pan.
- cook until the mixture starts to puff up and the pancakes lift away easily. flip over and repeat on the other side.
- repeat with the rest of the mixture., this will make six pancakes
- when ready to serve split the pancakes between 2 plates, top with half of the other pot of yoghurt each and fruit of your choice.

420 cals 32g P 48g C 6g F