

Yummy Breakfast -Protein Pancakes



INGREDIENTS

- 60g Vanilla Whey Protein (Herbalife Formula 1)
- 1/4 cup Almond Meal Flour
- 3 tbsps Whole Grain Soy Flour
- 1 tsp Baking Powder (Straight Phosphate, Double Acting)
- 3 large Eggs (Whole)
- 1/3 cup Large or Small Curd Creamed Cottage Cheese

DIRECTIONS

Serve with almond butter or sugar-free pancake syrup.
Garnish with toasted almonds, if desired.

1. Mix the protein powder (about 4 Tbsp), almond meal, soy flour and baking powder together. Whisk the eggs, then blend together with the cottage cheese (substitute cream cheese if not a fan of cottage cheese)
2. Heat a large non stick skillet or griddle over medium heat. Lightly grease with butter or canola oil.
3. Using about 1/4 cup per pancake, drop batter onto the skillet. When bubbles begin to form in the middle of each pancake, turn over and cook another 2 minutes or until firm.
4. Repeat, keeping pancakes warm in the oven.

Enjoy with Herbalife Thermal Beverage (Herbal Tea)