

# High-Protein Pancakes

Makes 3 pancakes

While this high-protein dish looks like pancakes, it tastes a bit more like French Toast. You can multiply this recipe as many times as you want to make more servings. The purpose of this recipe is to provide a low sugar/carbohydrate alternative to the typical pancake breakfast. For this reason, please don't add any honey, maple syrup or other sauces or sweeteners (although Stevia and Xylitol are fine).

Another great thing about this recipe is that you can store it in the refrigerator for later. An easy way to do that is to clean out an empty condiments squeeze bottle (say ketchup or mayonnaise) and put your leftover pancake batter in there. Then, when you want to make your pancakes, you just heat up the pan, put in your butter (or other cooking oil) and squeeze out your pancake batter into the pan.

- 1 Tbsp of Pamela's Baking and Pancake Mix (available at WholeFoods, other health food markets and online)
- Butter (or other cooking oil) for the frying pan
- Sprinkle of nutmeg and cinnamon
- 1 Egg
- About 10 drops of Vanilla Extract
- A couple drops of Stevia

Put all of the ingredients together in a cup or bowl. Put a frying pan over medium heat to preheat. Blend all the ingredients with an electric mixer, blender or food processor (or beat vigorously with a fork or whisk). Splash a few drops of filtered or spring water on the pan and listen for that gentle sizzle which lets you know that the pan is properly preheated. Put your butter (or other cooking oil) into the pan, followed by the batter. It's important to mention here that the batter for this recipe is thicker than normal pancake batter so it won't pour as easily. You may have to scoop the batter out rather than pour. Additionally, because of its thickness, after you have scooped the batter into the pan, it's helpful to use a spoon to gently push the batter from the center out to the edges in a circular pattern. That way you won't have a super-thick pancake or cook unevenly. Fry like a normal pancake for a minute or so, then flip and fry the other side.

**IMPORTANT:** If at any time the oil starts to smoke, rinse it out and use brand new oil. Once any oil (including butter) has gotten to the point where it is smoking, it is actually now toxic and should not be consumed.