



Awesome delicious pancakes

This recipe is modified from Maria Emmerich and is so easy - and nut flour free too. Serves 2. Per serve: Cal: 261; Fat: 18g; Pro: 23g; Carbs: 1g

Serves: 2, Prep time: 00:10, Cook time: 00:10

Instructions

Turn warming draw of the oven on. Shell the hardboiled eggs* and add all ingredients except the coconut oil to a food processor or blender and blend until smooth - it will have a thick consistency.

Heat a teaspoon of the coconut oil in a non-stick pan over medium heat on the stovetop and use a heaped tablespoon to ladle batter into the pan, cooking 3 or so at a time. Cook on one side until the batter starts to bubble on top and flip, cooking for a further two or so minutes.

Transfer pancakes to a plate in the warming drawer of your oven, melt another teaspoon of oil and repeat two

Ingredients

- 2 Eggs
- 2 Eggs, hardboiled
- 25 grams Clean Lean Protein powder (vanilla) (1 oz)
- 1 tablespoon Equal Natural Sweetener (Stevia)
- 1 teaspoon Unsweetened vanilla extract
- pinch teaspoon Salt, Himalayan
- 0.5 teaspoon Baking powder
- 1 tablespoon Coconut oil

or so times, until all of the batter has been cooked.

Enjoy with berries, yoghurt or coconut yoghurt.

**If you need to boil the eggs, then add eggs to boiling water and cook 7 minutes, draining hot water and rinsing with cold water to cool down.*

**You could use whey protein powder if you wish*