

A Healthy Pancake Recipe

Try this satisfying twist on the traditional breakfast pancake for a nice change of pace from your usual morning fare.

Farmer's Cheese Pancakes (Phase 1)

Description

These delicious pancakes can be served flat or rolled up. The creamy, semisoft version of farmer's cheese is best here; it can be found in the dairy section of most supermarkets.

Serves 4

Prep time: 5 minutes

Cook time: 25 minutes

Ingredients

6 large eggs, lightly beaten

1 cup semisoft farmer's cheese

2 teaspoons granular sugar substitute

Instructions

In a large bowl, whisk together eggs, 2/3 cup of the cheese, and the sugar substitute. Lightly coat an 8" nonstick skillet with cooking spray and heat over medium heat. Spoon 1/4 cup of the batter into the pan and cook until pancake is set and edges are starting to turn golden, about 2 minutes. Loosen with a rubber spatula and flip; cook 1 minute more. Transfer pancake to a heatproof platter and place in the oven to keep warm. Repeat for remaining pancakes.

Divide pancakes among 4 plates. Dollop with remaining cheese. Serve warm.

Nutritional information:

Per 2-pancake serving: 206 calories

12 g fat (5 g sat)

2 g carbohydrate

19 g protein

0 g fiber

340 mg sodium