



RASPBERRY PANCAKES

Gluten free, dairy free pancakes, a great way to start your day

 5 minutes

 20 minutes

 2 portions

INGREDIENTS

- 2 units of eggs, chicken, white, raw [64 g]
- 1 oz of soy protein isolate [28 g]
- 2 Tbsps of coconut cream, canned, [38 g]
- 1 level teaspoon of baking powder [4 g]
- 50 mL [2 Tbsp] of beverages, almond milk, unsweetened,
- 1 level tablespoon of flour, rice [20 g]

COOKING METHOD

- 1° Blend the eggs, soy protein (or other protein substitute), coconut cream, baking powder, rice flour (or other flour substitute) and almond milk together until smooth. Add more almond milk if the mixture is too thick
- 2° Cook the pancakes in a non-stick hot pan.
- 3° Serve with berries and sugar free maple syrup.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (102 g)	% DRI
ENERGY	169 kcal	173 kcal	9 %
FAT	4 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	3 g	3 g	15 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	453 mg	463 mg	19 %
CARBOHYDRATE	19 g	19 g	6 %
SUGARS	10 g	10 g	—
FIBER	0 g	0 g	0 %
PROTEIN	17 g	17 g	—