



## KETO PANCAKES WITH BERRIES

4 portions

### INGREDIENTS

- 4 eggs
- 200 grams of cottage cheese
- 1 tbsp of ground psyllium husk powder
- 50 grams of butter
- 50 grams of mixed Berries
- 1 cup, whipped cream (120 g)

### COOKING METHOD

- 1° Add eggs, cottage cheese and psyllium husk to a medium size bowl and mix together. Let sit for 5-10 minutes to thicken up a bit.
- 2° Heat up butter or oil in a non-stick skillet. Fry the pancakes on medium-low heat for 3-4 minutes on each side. Don't make them too big or they will be hard to flip.
- 3° Add cream to a separate bowl and whip until soft peaks form.
- 4° Serve the pancakes with the whipped cream and berries of your choice.
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### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (157 g)	% DRI
ENERGY	192 kcal	302 kcal	15 %
FAT	16 g	25 g	39 %
FATTY ACIDS, TOTAL SATURATED	9 g	14 g	71 %
CHOLESTEROL	158 mg	248 mg	83 %
SODIUM	233 mg	366 mg	15 %
CARBOHYDRATE	3 g	5 g	2 %
SUGARS	3 g	4 g	—
FIBER	0 g	1 g	3 %
PROTEIN	9 g	14 g	—