



Cinnamon Pancakes

Recipe makes:

4 portions

(4 large or 8 small pancakes)

Preparation time:

8 minutes

Cooking time:

5-10 minutes

Nutritional Information

1 Portion (1 large or 2 small pancakes)

Energy	164kcal
Carbohydrates of which sugars	13.6g 2.4g
Protein	14g
Fat	5.9g

Image represents 1 portion of small pancakes

Ingredients:

- 50g oats
- 28g ground almonds
- 225g reduced-fat cottage cheese
- 6 medium egg whites
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg

Method:

1. Blend all ingredients until a smooth batter is formed. Add a little water if the batter is too thick.
2. Place a non-stick frying pan over a medium heat and pour ¼ of the batter into the pan. Use 1/8 of the batter if making small pancakes.
3. Allow to cook until bubbles form on the surface of the pancake then flip using a spatula.
4. Repeat steps 2 and 3 until desired amount are made.

Chef's Tip:

Squeeze fresh lemon juice over the pancakes and sprinkle a little permitted sweetener for a fresh taste. Sugar free syrup will also work well!

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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