

ENERGY PANCAKES

This recipe can be made quickly for immediate consumptions and leftovers stored in a Ziploc for meals away from home. This is a favorite for athletes.

INGREDIENTS

4	Whole eggs
1 cup	1% cottage cheese
2/3 cup	All purpose flour
2 Tbsp	Canola oil

Provides 15% of Vit A, 24% of folate, 20% of iron, 400 mg sodium,



DIRECTIONS

1. Mix eggs, cottage cheese and flour together in a mixing bowl
2. Warm griddle or frying pan with some of the canola oil.
3. Pour 1/3 cup batter on to grill for each pancake.
4. Grill until bubbles appear in the pancake and flip them to brown on the other side.
5. Serve with fruit or berries, maple syrup or frozen yogurt.
6. Put jam and peanut butter on them if you take them for lunch. Refrigerate leftovers.
7. Makes 6 pancakes. 2 pancakes are equal to 2 slices of bread and 3 ounces of protein.

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Nutrition Facts

Serving Size (187g)
Servings Per Container

Amount Per Serving

Calories 330 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 290mg **97%**

Sodium 390mg **16%**

Total Carbohydrate 35g **12%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 22g

Vitamin A 15% • Vitamin C 0%

Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4