

Protein Pancakes w/ Berry Coulis

Ingredients

- 1/2 cup old-fashioned oats
- 2 large eggs
- 1/3 ricotta cheese
- 1 tbsp ground flaxseed
- 2 tsp baking powder
- 1 tsp pure vanilla extract
- 1/4 tsp ground cinnamon
- 1 tsp raw honey
- 1 tsp coconut oil
- 1/4 cup blueberries
- 1/4 cup chopped strawberries
- 2 tsp. fresh orange juice

Serves: 4, Hands-On Time: 15 minutes

Nutrients per serving (2 pancakes & 1 tbsp coulis)

Calories 150, total fat 8g, sat. fat 4g, monounsaturated fat: 2g, polyunsaturated fat: 1g, carbs. 13g, fiber 2g, sugars 4g, protein 7g, sodium 235 mg, cholesterol 103 mg

Directions

- 1) Place oats in a blender; pulse until a powder form forms. Add eggs, ricotta, flaxseed, baking powder, vanilla, cinnamon & honey. Blend until smooth. Transfer batter to a bowl and clean out blender.
- 2) Heat an electric griddle to 325 degrees and coat surface with oil (or use a nonstick griddle pan on medium). Add 1 heaping tbsp batter per pancake and cook until bubbles form on the surface of batter, about 2 minutes. Flip & cook until golden, 2 minutes more.
- 3) Prepare coulis: In clean blender, combine blueberries, strawberries and orange juice. Process until roughly blended. Serve coulis over pancakes.

