

## **Easy, high protein, high fiber pancakes**

(makes enough pancakes for 2 people)

In your Bosch mixer, with whipping whisks, mix together, for about a minute or so:

¾ cup yogurt  
½ cup cottage cheese  
2 eggs

In a large cereal bowl, mix together

1 cup of 100% whole wheat flour  
1 teaspoon baking powder

then dump the flour/baking powder into the mixer with the wet ingredients.

Mix all together for another minute or less. Once it is all mixed, add maybe 1/8 cup of milk and mix some more. You may need to use as much as ¼ cup of milk, or a little more - what you want is a batter runny enough to pour easily from the mixing bowl to the frying pan. Also, if the batter is runny, it will spread out more easily, to form a larger, thinner pancake.

NOTE: Minimal mixing is apparently the key to nice light pancakes.

Cook as you would any other pancake. I find that these pancakes seem to cook nicer - and look nicer - if I use very little oil in the pan..

And.... they are REALLY tasty!!

Guy Lautard