

# A Healthy Pancake Recipe

Try this satisfying twist on the traditional breakfast pancake for a nice change of pace from your usual morning fare.

## Farmer's Cheese Pancakes (Phase 1)

### Description

These delicious pancakes can be served flat or rolled up. The creamy, semisoft version of farmer's cheese is best here; it can be found in the dairy section of most supermarkets.

### Serves 4

**Prep time:** 5 minutes

**Cook time:** 25 minutes

### Ingredients

6 large eggs, lightly beaten

1 cup semisoft farmer's cheese

2 teaspoons granular sugar substitute

### Instructions

In a large bowl, whisk together eggs, 2/3 cup of the cheese, and the sugar substitute. Lightly coat an 8" nonstick skillet with cooking spray and heat over medium heat. Spoon 1/4 cup of the batter into the pan and cook until pancake is set and edges are starting to turn golden, about 2 minutes. Loosen with a rubber spatula and flip; cook 1 minute more. Transfer pancake to a heatproof platter and place in the oven to keep warm. Repeat for remaining pancakes.

Divide pancakes among 4 plates. Dollop with remaining cheese. Serve warm.

### Nutritional information:

*Per 2-pancake serving:* 206 calories

12 g fat (5 g sat)

2 g carbohydrate

19 g protein

0 g fiber

340 mg sodium