protein green pancakes



prep time:
20

featured product:
PROTEIN GREENS

organicgirl protein green pancakes are packed with protein. Who doesn't love pancakes? This savory version has a minimum of added sugar, but doesn't skimp on the richness. The oat flour batter is gluten free and is enhanced with puréed garden peas. The addition of ricotta cheese makes this healthy breakfast seem indulgent. we top these pancakes with lemon and chive yogurt and addition protein greens.

ingredients

yield: 4 servings

1 4.2 ounce package organicgirl **protein greens**, divided
1 cup frozen green garden peas, thawed
1 1/4 cup gluten free oat flour
1/2 cup low fat or part skim ricotta
2 eggs
1 tablespoon honey
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon black pepper
1 cup low fat yogurt, divided
1 teaspoon finely grated lemon zest
2 teaspoon lemon juice
1 tablespoon chopped chives
1 1/2 – 2 tablespoons butter for cooking

directions

1. reserving a half cup of the protein greens, combine the remaining first 9 ingredients in blender or food processor, along with 1/2 cup of yogurt until blended.

2. in a small bowl combine yogurt with lemon juice, zest and chives. set aside.

3. melt 1 teaspoon butter in a large non stick skillet over medium heat.

4. pour a quarter cup of batter into pan for each pancake, making sure that they do not touch. cook for two to three minutes until bubbles appear on the surface of the pancakes. turn and continue cooking until lightly browned on both sides.

5. continue cooking pancakes in batches adding more butter as needed until all are cooked. serve with lemon chive yogurt and the reserved protein greens.

nutrition

SuperGreens Pancakes
Calories: 274
Total Fat: 8g
Saturated Fat: 3.5g
Cholesterol: 95mg
Sodium: 344mg
Total Carbohydrate: 37.4g.
Dietary Fiber: 5.7g
Total Sugars: 10.7g
Protein: 14.1.g