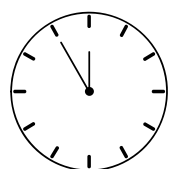
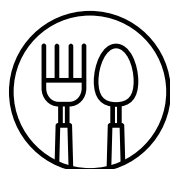




Protein-Rich Pancakes



Prep: 5 - 10
mins



makes 25
small pancakes

Welcome to The Lily Project:

A lovely healthy way to start the day,
...or for any meal time!



Ingredients :

- 250 g spreadable cheese
- 2 eggs, beat the yolk and the white separately.
- 100 g plain flour
- ½ teaspoon baking powder
- 125 ml semi-skimmed milk
- Maple syrup for drizzle

Jobs for little hands:

- Carefully find 2 eggs
- Mix in the flour
- Whisk the eggs
- Help tidy up

Directions :

1. In a bowl, add cheese, milk and egg yolks and mix.
2. Then add the flour, and the baking powder and mix well.
3. In a separate bowl, whisk the egg whites until they form a foamy consistency, then fold into the cheese mixture and mix well.
4. Put in a frying pan on a medium heat and add oil, when the oil is hot, add a spoonful of the mixture and fry for 2 minutes each side or until golden brown.
5. Serve with fresh fruit and drizzle of a lemon juice and maple syrup.