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## High Protein Pancakes

Serves 2

**Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.**

½ cup, all-purpose Flour  
1 tsp baking powder  
¼ tsp. salt  
2 large eggs  
1 cup Greek Yogurt  
Butter for the pan

## Equipment for class

2 medium-sized mixing bowls  
Whisk  
Griddle or other pan to cook your pancakes in  
¼ cup measure or cookie scoop  
Spatula

## High Protein Pancakes

Makes 2 servings

½ cup, all-purpose Flour

1 tsp baking powder

¼ tsp. salt

2 large eggs

1 cup Greek Yogurt

1. Add dry ingredients (flour, baking powder, and salt) to a bowl. In a separate bowl, combine the wet ingredients (eggs and Greek yogurt) until well-mixed.
2. Add the dry ingredients to the wet ingredients and stir together until well combined.
3. Place 2 tablespoons of butter on your pan and heat it over medium-low heat. Use a 1/4 cup measure or cookie scoop to portion out pancakes that are about 4 inches in diameter.
4. Cook pancakes until the bottom side has browned to your liking and a few bubbles form on the top of the pancake (about 2-3 minutes), then flip the pancakes. You'll notice that these pancakes won't bubble up too much like traditional pancakes. Leave extra room in the pan because the pancakes may splatter when you flip them.
5. After flipping the pancake, cook until the other side is browned (about 2-3 minutes). Repeat with the remaining batter. These pancakes freeze well.