



Pancake MAGIC

LOW CARB COOKING WITH NUTRALEAN



MELANIE R. E. WILDMAN

III

WELCOME!

Healthy Cooking With Love!



Melanie R. E. Wildman
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& Entrepreneur

Today, we get a fraction of the fiber our ancestors did. Our digestive systems are unbalanced, our hormones are disrupted and we aren't getting the nutrients we need. Our food is making us sick, tired and overweight.

Nutralean is so special because it's not just delicious and filling - it's nut-free, gluten-free, soy-free and free of

all artificial ingredients! Packed with prebiotic fiber and protein, as you'll see in this cookbook - it's also perfect for cooking with.

I hope you enjoy these filling and delicious pancake recipes that are so easy, you'll return to them time and time again. For even more recipes, visit: nutracelle.com



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PANCAKE MAGIC

SO MUCH YUMMY

Jumpstart your day in the most delicious way. These low-carb, allergen-friendly, melt-in-your-mouth pancakes are amazingly satisfying. It's simply easier to lose weight and stay on track when you feel full and satisfied for hours.

Pancakes are too often considered a weekend-only treat, but there's no denying the other five days would be even better if every day started with a warm short stack. To make this an easy option on hectic mornings, you can make and freeze pancakes in advance (or even freeze the batter), or you can master these easy one-bowl recipes that require just a few pantry ingredients and are ready in minutes.

Xo Melanie



LOW CARB



KETO



PALEO



LOW GI



LOW SUGAR



GLUTEN FREE



EGG FREE



SOY FREE



NUT FREE



PREBIOTIC





**Makes 10-12
Pancakes**



RECIPE OLD-FASHIONED

Nothing says feel-good weekends like homemade pancakes for breakfast. This easy protein pancake recipe will help you whip up this family favourite in no time flat! The best part? They freeze great!

per pancake



Protein
7 grams



Fat
6 grams



Net Carbs
0 carbs

INGREDIENTS

- 1/3 cup coconut flour
- 3 scoops Vanilla or Natural Nutralean
- 1 tsp. baking powder
- 4 eggs
- 1/4 cup butter, or coconut oil (melted and cooled)
- 1 cup unsweetened coconut, almond or soy milk

STEP 1

Mix coconut flour, Nutralean, and baking powder together in a large bowl with a fork or a whisk.

STEP 2

Melt butter or coconut oil and set aside. In a separate bowl, crack eggs and whisk until smooth. Add in your choice of milk and the melted butter or coconut oil and whisk until smooth.



STEP 3

Pour the liquids into the bowl with the dry ingredients and using the whisk, mix until smooth.

STEP 4

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

RECIPE CHOCOLATE LOVERS

Who doesn't love chocolate? Start your morning out guilt-free by indulging in these decadent chocolate pancakes for breakfast - or dessert!

per pancake



Protein
7 grams



Fat
7 grams



Net Carbs
1 carb

STEP 1

Mix coconut flour, Nutralean, baking powder, cocoa powder and sugar substitute together in a large bowl with a fork or a whisk.

STEP 2

Melt butter or coconut oil and set aside. In a separate bowl, crack eggs and whisk until smooth. Add in your choice of milk and the melted butter or coconut oil and whisk until smooth.

STEP 3

Pour the liquids into the bowl with the dry ingredients and using the whisk, mix until smooth.

STEP 4

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.



INGREDIENTS

- 1/3 cup coconut flour
- 3 scoops Chocolate Dream Nutralean
- 1 tsp. baking powder
- 4 eggs
- 1/4 cup butter, or coconut oil (melted and cooled)
- 1 cup unsweetened coconut, almond or soy milk
- 1/4 cup cocoa powder
- 1/4 cup equivalent to sugar (stevia or sweetener of choice)

...e Premium
au chocolat

NATURAL
INGREDIENTS
NO ARTIFICIAL SWEETENERS OR FLAVOURS

Perfect for Cooking
Parfait pour cuire

ADDED SUGAR
AJOUT DE SUCRÉ



HIGH FIBER



Makes 10-12
Pancakes

RECIPE

BLUEBERRY SKILLET

Cooking pancakes in the oven in your cast iron skillet is your grandmother's time-saving hack! No standing by the stove flipping flap jacks when you can hit the timer and pull out hot, fluffy pancakes!

per pancake



Protein
7 grams



Fat
7 grams



Net Carbs
1 carbs

STEP 1

Mix coconut flour, Nutralean, baking powder, and baking soda together in a large bowl with a fork or a whisk.

STEP 2

Melt butter or coconut oil and set aside. In a separate bowl, crack eggs and whisk until smooth. Add in your choice of milk and the melted butter or coconut oil and whisk until smooth.

STEP 3

Pour the liquids into the bowl with the dry ingredients. Using a whisk, mix until smooth. Add blueberries.

STEP 4

Pour the batter onto a preheated and well-oiled 10" cast iron pan or griddle. Bake in a preheated oven at 350° for 30-35 minutes or until the top feels firm and looks golden-brown.



INGREDIENTS

- 1/3 cup coconut flour
- 3 scoops Vanilla Nutralean
- 1 tsp. baking powder
- 4 eggs
- 1/4 cup butter, or coconut oil (melted and cooled)
- 1 cup unsweetened coconut, almond or soy milk
- 1/2 cup frozen or fresh blueberries



**Makes 12
Pieces**



RECIPE

SHEET PAN PANCAKES



These easy sheet pan cookies are perfect for freezing and popping in the toaster when you just don't have time for breakfast! To keep them from sticking, add parchment paper between the pieces.

per pancake



Protein
6 grams



Fat
5 grams



Net Carbs
0 carbs

STEP 1

Mix coconut flour, Nutralean, baking powder, and baking soda together in a large bowl with a fork or a whisk.

STEP 2

Melt butter or coconut oil and set aside. In a separate bowl, crack eggs and whisk until smooth. Add in your choice of milk and the melted butter or coconut oil and whisk until smooth.

STEP 3

Pour the liquids into the bowl with the dry ingredients and chocolate chips. Using a whisk, mix until smooth.

STEP 4

Line a cookie sheet with parchment paper. Pour batter over the paper and spread out with a spatula. Bake in a preheated oven at 350° for 20-25 minutes or until golden-brown.



INGREDIENTS

- 1/3 cup coconut flour
- 3 scoops Vanilla Nutralean
- 1 tsp. baking powder
- 4 eggs
- 1/4 cup butter, or coconut oil (melted and cooled)
- 1 cup unsweetened coconut, almond or soy milk
- 1/4 cup unsweetened chocolate chips



**Makes 16-18
Squares**



**Makes 10-12
Pancakes**



RECIPE

APPLE CINNAMON

It's like having Grandma's apple pie for breakfast - but packed with tons of nutritional goodness. These are fast, easy and oh, so delicious!

per pancake



Protein
7 grams



Fat
7 grams



Net Carbs
1 carb

INGREDIENTS

- 1/3 cup coconut flour
- 3 scoops Vanilla Nutralean
- 1 tsp. baking powder
- 1 Tbsp. cinnamon
- 4 eggs
- 1/4 cup butter, or coconut oil (melted and cooled)
- 3/4 cup unsweetened coconut, almond or soy milk
- 1/3 cup unsweetened apple sauce
- 1/4 cup equivalent to sugar (stevia or sweetener of choice)

STEP 1

Mix coconut flour, Nutralean, baking powder, cinnamon and sugar substitute together in a large bowl with a fork or a whisk.

STEP 2

Melt butter or coconut oil and set aside. In a separate bowl, crack eggs and whisk until smooth. Add in your choice of milk, apple sauce and the melted butter or coconut oil and whisk until smooth.



STEP 3

Pour the liquids into the bowl with the dry ingredients and using the whisk, mix until smooth.

STEP 4

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.



Makes 10-12
Pancakes



RECIPE

SALTED CARAMEL

Salt! Caramel! Yes! These delightful pancakes make the perfect start-of-the-day dish!

per pancake



Protein
7 grams



Fat
7 grams



Net Carbs
0 carbs

INGREDIENTS

- 1/3 cup coconut flour
- 3 scoops Salted Caramel Nutralean
- 1 tsp. baking powder
- 1/4 cup equivalent to sugar (stevia or sweetener of choice)
- 4 eggs
- 1/4 cup butter, or coconut oil (melted and cooled)
- 1 cup unsweetened coconut, almond or soy milk

STEP 1

Mix coconut flour, Nutralean, baking powder, and sugar substitute together in a large bowl with a fork or a whisk.

STEP 2

Melt butter or coconut oil and set aside. In a separate bowl, crack eggs and whisk until smooth. Add in your choice of milk and the melted butter or coconut oil and whisk until smooth.



STEP 3

Pour the liquids into the bowl with the dry ingredients and using the whisk, mix until smooth.

STEP 4

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.



**Makes 10-12
Pancakes**



RECIPE

MOCHA CHOCOLATE

There's nothing quite like a hot coffee to kick you into gear in the morning. These chocolate coffee mocha pancakes are not only easy to make - they are easy to love too!

per pancake



Protein
7 grams



Fat
7 grams



Net Carbs
1 carb

INGREDIENTS

- 1/3 cup coconut flour
- 3 scoops Coffee Mocha Nutralean
- 1 tsp. baking powder
- 1/4 cup cocoa
- 1/4 cup equivalent to sugar (stevia or sweetener of choice)
- 4 eggs
- 1/4 cup butter, or coconut oil (melted and cooled)
- 1 cup unsweetened coconut, almond or soy milk

STEP 1

Mix coconut flour, Nutralean, baking powder, sugar substitute, and cocoa together in a large bowl with a fork or a whisk.

STEP 2

Melt butter or coconut oil and set aside. In a separate bowl, crack eggs and whisk until smooth. Add in your choice of milk and the melted butter or coconut oil and whisk until smooth.

STEP 3

Pour the liquids into the bowl with the dry ingredients and using the whisk, mix until smooth.

STEP 4

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.



RECIPE

STRAWBERRY

INGREDIENTS

- 1/3 cup coconut flour
- 3 scoops Strawberry Nutralean
- 1 tsp. baking powder
- 4 eggs
- 1/4 cup butter, or coconut oil (melted and cooled)
- 3/4 cup unsweetened coconut, almond or soy milk
- 1/3 cup mashed frozen or fresh strawberries
- 1/4 cup equivalent to sugar (stevia or sweetener of choice)

STEP 1

Mix coconut flour, Nutralean, baking powder, and baking powder together. Add eggs, your choice of milk and the melted butter or coconut oil and whisk until smooth.

STEP 2

Add in the mashed berries and sweetener. Whisk until smooth.

STEP 3

Heat a lightly oiled griddle or frying pan over medium heat. Using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.



Protein
7 grams



Fat
7 grams



Net Carbs
2 carbs





Strawberry
Fraise



HIGH FIBRE
RICH IN FIBRE



WITH STRAWBERRY
AND BANANA

Net Wt. 908 g (32oz)





RECIPE

SAVORY PANCAKES

BASE INGREDIENTS

- 1/3 cup coconut flour
- 3 scoops Natural Nutralean
- 1 tsp. baking powder
- 4 eggs
- 1/4 cup butter, or coconut oil
(melted and cooled)
- 1 cup unsweetened coconut,
almond or soy milk

Savory pancakes are the perfect, easy fix for a fast dinner when your day is hectic! Serve with a side salad.

MIX 'EM UP INGREDIENTS

- | | |
|------------------------------|------------------------|
| •grated cheese | •salsa |
| •ham | •grated zucchini |
| •chorizo or diced
sausage | •broccoli |
| •bacon | •cauliflower |
| •chicken | •diced bell
peppers |
| •tuna | •mushrooms |
| •salmon | •avocado |
| •spinach | •eggplant |
| •kale | •olives |
| •asparagus | •pizza toppings |
| •tomatoes | •jalapeño |
| •chives | •garlic |
| •onion | •herbs & spices |

RECIPE

PANCAKE MUFFINS

BASE INGREDIENTS

- 1/3 cup coconut flour
- 3 scoops Nutralean of choice
- 1 tsp. baking powder
- 4 eggs
- 1/4 cup butter, or coconut oil (melted and cooled)
- 1 cup unsweetened coconut, almond or soy milk

STEP 1

Follow directions for the base pancakes. Spray your muffin tin generously with olive or coconut oil. Pour a small amount of batter on the bottom (about half way).

STEP 2

Place your preferred ingredients on the top.

STEP 3

Bake in a preheated oven at 350° for 15 minutes or until cooked throughs

- | | |
|-----------------------------------|--|
| •savory choices
(from page 19) | •peanut butter
(or soy nut,
sesame butter) |
| •chocolate chips | •pumpkin seeds |
| •strawberries | •chia seeds |
| •blueberries | •nuts (if not
allergic) |
| •raspberries | •sugar-free jam |
| •blackberries | |
| •cottage cheese | |









EASY & FAST MAKING CREPES

INGREDIENTS

- 1/2 cup egg whites (4 large)
- 1 scoop Nutralean (any flavor)
- a dash of water OR milk of choice
- any spices or herbs you choose

Want an exciting lunch option that is also mess-free and easy to transport? Lose the fork; these simple to make wraps are great for a hassle-free lunch.

1. Mix all ingredients into a blender.
2. Pour right from the blender onto your pre-heated and oiled grill.
3. Swirl your pan to evenly coat with batter.
4. Flip when edges appear cooked and the top appears set.

Stuff your wraps with a variety of fillings: chicken, beef, fish, cheese, vegetables and more!

Makes 10-12 crepes.



PANCAKE

TIPS & TRICKS

Don't overmix. Mix the batter just until the wet and dry ingredients are combined. The batter will likely be lumpy, and that's okay.

Rest the batter. Whether you mix in a blender or whisk in a bowl, be sure to rest the batter for about 10 minutes. This gives the coconut flour & Nutralean a chance to properly hydrate and the baking powder time to activate.

Use cast iron for cooking. Cast iron is my skillet of choice for pancakes, because it heats well and browns the pancakes beautifully. Cast iron is also a healthier option than nonstick pans that have toxic chemicals in their coatings. Make sure to use enough oil in the pan while cooking.

You can tell your pan is hot enough by sprinkling a few drops of water on the pan. If the water drops jump and sizzle, lower the heat, add the first pancake, and observe how it cooks.

High heat doesn't cook pancakes faster. For golden-brown pancakes that are cooked through, keep the heat set to medium. Lower the heat if the oil smokes, or the pancakes cook too quickly.

My favorite shortcut is to skip the mixing bowl and combine the batter in a blender. Cook immediately or save the batter in a container in the fridge for easy, no-mess pancakes all week.





TROUBLESHOOTING

1. If your batter is too runny or too thick: simply add more Nutralean and whisk again until mixed. If your batter is too thick, just add some water or your milk of choice until it reaches the desired consistency.

2. When to flip your pancakes: watch for bubbles to form on the top and for the sides to appear 'set', so they aren't runny before flipping.

3. When they are done: Once they are golden-brown on both sides, remove and serve!

PANCAKE

DIPS & SAUCES

Enjoy your pancakes with sugar-free syrup or try one of these easy & delicious toppings for filling and nutritious treat.

Chocolate Sauce. Mix 2 cups of plain, unsweetened, Greek yogurt with 2 scoops of Chocolate Dream Nutralean, 1/4 cup cocoa powder and stevia or sweetener of choice (equivalent to 1/4 cup sugar). Stir or whisk until smooth and let stand for 10 minutes. Enjoy!

Sugar-Free Whipped Cream. Add 1 cup of heavy whipping cream to a large mixing bowl. Whip slowly on low speed. Once the cream starts to thicken, add the stevia or sweetener of choice (equivalent to 3 Tbsps. sugar) and 1 tsp. of vanilla extract. Gradually increasing to high until stiff peaks form, please do not over-beat.

Strawberry Purée. Place 1 pound (about 3 cups) of unsweetened frozen or fresh strawberries, 1 Tbsp. lemon juice and stevia or sweeter of choice (equivalent to 1/2 cup sugar) in a blender and pulse the berries until they are pureed. Don't over-blend, there should still be chunks of strawberry visible.

Strawberry Mousse Topping. Mix 1 cup of plain, unsweetened greek yogurt and 2 scoops of Vanilla Cream Nutralean with 1 cup of strawberry purée. Whisk until mixed and serve, or refrigerate for up to 3 days.

Switch it up! Add a teaspoon of mint extract for mint chocolate topping, or add a teaspoon of instant coffee for a chocolate mocha sauce. You can also enjoy as pudding or a fruit dip.





1. Tips for Perfect Whipped Cream: Start with chilled heavy cream that is at least 35% fat. Your cream will mix best in a metal bowl chilled ahead of time for 20 minutes. Don't over-beat — soft peaks should form, but the peak should drop to the side, not hold its shape entirely.

2. Berry Purée Tips: Try adding blueberries or raspberries for a healthy, low-sugar treat.

3. Mousse Topping Tips: You can also replace the greek yogurt with whipped cream. Fold the cream into the purée with a wire whisk so the mixture gently incorporates as it falls through the wires.



COOKING WITH NUTRALEAN

Nutracelle's Nutralean is the only protein powder made in a nut-free factory. Not only is it delicious and easy to use, all of our ingredients are 100% natural.

With no artificial anything: no fake colors, sweeteners, flavorings or additives, you can be sure you are getting the nutrition your body needs.

Packed with the highest-quality whey protein and prebiotic fiber which increases feeling full for up to 4 hours, Nutralean is perfect as a satisfying, creamy shake or in recipes.

Enjoy your Nutralean as a filling & nutritious meal replacement or as an evening snack to keep the munchies at bay!





DISCOVER EVEN MORE
RECIPES!

For tons of healthy, low-carb & keto recipes check
out our cooking channel on youtube!

youtube.com/ProteinTreatsKitchen



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<https://youtube.com/ProteinTreatsKitchen>



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