



# COLLAGEN PROTEIN PANCAKES

## INGREDIENTS

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- 2 scoops Vanilla or Chocolate Keto Shake (60g)
- 2oz cream cheese
- 2 large eggs
- ½ tsp baking powder
- 2 TBSP ground golden flaxmeal

## INSTRUCTIONS

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Blend all together for 20 seconds, then let stand for 3-4 minutes. Spray frying pan with coconut oil, ghee or butter and bring up to low-med temperature

Pour into pan and cook to perfection!

Serve with your favorite keto-friendly toppings such as butter, lemon juice + SweetLike Sugar, sugar free maple syrup, nut butter, berries and/or whipped cream

Pro tip: try using the Chocolate Keto Shake instead of the Vanilla with some chopped nuts (we like pecans) for a Choco-Nutty pancake extravaganza!

### PER SERVE

Calories	Net Carbs	Protein	Fat	Dietary Fibre
339	2g	17g	26g	4g