



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"

NUTRITION PER SERVING:

| | |
|---------------------|-------|
| CALORIES | 152 |
| PROTEIN | 8.7 G |
| CARBOHYDRATE | 7.2 G |
| TOTAL FAT | 11 G |

| | |
|-------------------|------------|
| PREP TIME: | 10 MINUTES |
| COOK TIME: | 20 MINUTES |

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|----------------------|------------|
| YIELD: | 6 SERVINGS |
| SERVING SIZE: | 1 PANCAKE |
| SERVINGS: | 6 PANCAKES |

INGREDIENTS:

| | |
|---------------|-----------------------------------|
| 2 TBSP | ORGANIC BUTTER |
| ½ C | NON-FAT GREEK YOGURT |
| ½ C | WATER |
| 6 | ORGANIC, OMEGA 3, FREE RANGE EGGS |
| 2 TBSP | RAW HONEY |
| ½ C | LOW-FAT COTTAGE CHEESE |
| 1 C | ALMOND MEAL |
| 1 TSP | BAKING POWDER |
| ½ TSP | SALT |



PUFFY PANCAKES

- 01 Preheat oven to 425 degrees F.
- 02 Place butter in a pie plate and melt in the oven.
- 03 Place all the remaining ingredients in blender and blend for 1 minute.
- 04 Remove pan from oven and pour batter into pie plate.
- 05 Bake until puffy and golden, about 20 minutes. Cut into wedges and serve with fresh strawberries and pure maple syrup.

✓ A super-easy tasty breakfast, great for company.

