

Dialyvite's® Whey Plus Protein Pancakes



A great way to enjoy the benefits of Dialyvite's® Whey Plus Protein.

Ingredients:

1 cup all-purpose flour, spooned and leveled
1 Tablespoon sugar
½ teaspoon cream of tartar
½ teaspoon baking soda
1 dash salt
2 scoops Dialyvite® Whey Plus Protein

Liquid Ingredients:

2 ½ Tablespoons unsalted butter, melted
1 cup plus 2 Tablespoons milk
1 large egg

Method:

** We used a blender to make our batter. It made a very smooth batter and was easy to pour. You can also use a bowl and whisk.*

Mix dry ingredients in small bowl. Place liquid ingredients in a blender. Gradually add the dry ingredients and blend until smooth. Heat a large skillet or griddle to medium heat. Using a piece of paper towel, moisten surface with vegetable oil. Pour batter onto skillet, making each pancake to your desired size. Cook until the surface of the pancakes have some bubbles, about 1 to 2 minutes. Flip carefully and cook until underside is golden brown. Place on plate with butter and top with your favorite topping. Recipe makes approximately 8 large pancakes. Enjoy!

Each pancake contains approximately:

6 grams of Protein	5 grams of Total Fat	2.9 grams Saturated Fat	3.5 grams of Sugar	113 milligrams of Sodium
127 milligrams of Potassium	0.3 grams Dietary Fiber	69 milligrams of Phosphorus	15.8 grams of Carbohydrates	133 Calories