



Carrot cake cream cheese pancakes

Seriously delicious. Serves 4. Per serve: Cal: 222; Fat: 19.8g; Pro: 9.8g; Carbs: 2.3g

Serves: 4, Prep time: 00:15, Cook time: 00:15

Instructions

Heat oven to 100 degrees celcius.

Grate carrot and add to food processor. Add all other ingredients except for the butter and blend until well mixed.

Heat a non-stick fry pan over medium heat and add one quarter of the butter until melted. Use a ladle to ladle out pancakes, cooking for 3-4 minutes until bubbles appear on the top. The pancake will be more dense than a normal flour-based one. Flip and cook a further 1-2 minutes. Remove to a warm oven. Repeat until you have around 8 pancakes (enough for two each).

Serve with blueberries and coconut or Greek yoghurt.

Ingredients

- 1 Carrot
- 100 grams Cheese, Cream
- 4 Eggs
- 1 teaspoon Cinammon
- 0.5 teaspoon Ground nutmeg
- 0.5 teaspoon Mixed spice
- 2 tablespoon Butter, salted