www.huskproducts.dk

Chocolate Pancakes with strawberry skyr 16 pcs

Ingredients

Dough

6	eggs
200 ml	coconut milk
100 ml	peanut butter
30 g	protein powder, neutral flavour
50 ml	sukrin gold
6 tbsp	cocoa
2 tbsp	FiberHUSK®
2 tsp	baking powder

Strawberry Skyr

200 ml	skyr
400 ml	frozen strawberries
1	banana

Seeds from one vanilla pod
A little stevia or other sweetener

Pancakes

Blend all the ingredients together and leave the dough to rest for 5 minutes, in order for fibres to absorb the fluid. If the dough is to thin, you can add a little extra FiberHUSK®.

Fry the pancakes in small dollops in a little bit of margarine.

Strawberry Skyr:

Blend all ingredients with a hand blender and serve straight away.

The recipes are prepared by Tatjana Albinus, nutritionist and low carb diet expert.
See more of Tatjana's recipes on her Danish blog www.lowcarb.dk

Low carb