GSDeeeelicious!

Glycogen Storage Disease Friendly Recipes

Cinnamon Protein Pancakes

Recipe makes: 4 large or 8 small

Prep time: 8 minutes

Cooking time: 5 minutes

Nutrition info per serving	1 large / 2 small
Calories	161
Carbohydrate	13 g
Protein	14 g
Fat	6 g
Total Sugars	3.3 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

Cinnamon Protein Pancakes

Ingredients:

- ½ cup (250 g) dry oats
- ¼ cup (28 g) almond flour
- 1 cup (226 g) cottage cheese
- 1 large egg (50 g)
- 1 tsp (4 g) vanilla extract
- ½ tsp (1 g) ground cinnamon
- ½ tsp (1 g) nutmeg

Method:

1. Blend all ingredients together in a blender.
2. Add a little water if the batter is too thick.
3. Using a non-stick pan warmed over medium heat, pour in ¼ of the batter. When making small pancakes, pour in ⅛ of the batter.
4. When bubbles form, flip the pancake over and cook until golden.
5. Repeat from step 3.

Serving suggestions: Add GSD friendly no-calorie sweetener, sugar free syrup or almond extract to taste.

Chef's tip: Squeeze freshly cut lemon juice over the pancakes and sprinkle a little GSD friendly no-calorie sweetener for a fresh taste!

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Always consult your healthcare professional before making any changes to your diet.
This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.
Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.
Please discuss the suitability of these substitutions with your healthcare professional.

For more information about Vitaflo products and services, visit **www.VitafloUSA.com**, email **vitafloNAM@vitaflousa.com** or call **1-888-848-2356**.