

Cottage cheese pancakes with blueberry jam



 10 min.  53 kcal  SteviaSweet Crystal

Preparation

Start by preparing the jam. Mix the **SteviaSweet Crystal** and pectin together to prevent the pectin from clumping. Place all the ingredients for the jam in a pan and bring to the boil on medium heat. Simmer for 10-15 minutes, stirring occasionally. Take the jam off the heat and leave to cool while you make the pancakes. The jam will keep in the fridge for around a week.

Place the ingredients for the pancakes in a bowl and blend with a hand mixer. Cook thin pancakes over medium heat and serve with the blueberry jam.

Ingredients for 12 servings

pancakes

100 ml	milk
100 g	cottage cheese
2	eggs
50 g	oats
1 tsp	baking powder
1 tsp	SteviaSweet Crystal
1/4 tsp	salt
	Butter for the pan

jam

250 g	blueberries
50 ml	water
1 tbsp	lemon juice
60 g	SteviaSweet Crystal
1 tsp	pectin
1/4 tsp	cardamom

Nutritional information per portion

53	kcal
224	kJ
3	g Protein
5.5	g Carbohydrates
2	g Fat