

# Fluffy Greek Yogurt Pancakes

3 servings

## Ingredients:

- ½ cup milk (reduced fat)
- ⅓ plain Greek yogurt
- 1 egg
- 1 tbsp honey
- 6 oz unbleached all-purpose flour
- 1 tsp baking powder
- ½ tsp sea salt
- 1 tsp coconut oil (for the pan)

## Process:

- In a mixing bowl, combine the milk, Greek yogurt, egg, and honey. Whisk in the flour, baking powder, and salt and continue to stir until just combined.
- Heat a pan over medium-low heat. Add half of the oil to the pan and allow it to melt. Spoon the batter into the pan in ¼ cup portions. Cook pancakes for about two to three minutes per side or until golden brown and cooked through. Repeat with the remaining batter adding more oil to the pan as needed.
- Divide pancakes between plates and enjoy.

### Notes:

- \* Swap flour for almond flour
- \* Soy milk or almond milk instead of cow milk
- less gluten and carb
- \* Add protein powder for additional protein
- \* Vanilla extract instead of honey

## Nutritional Information per serving:

Calories: 305

Fat: 5g

Carbohydrates: 53g

Fiber: 2g

Sugar: 8g

Protein: 12g



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