

# Protein Orange & Yogurt Pancakes

## Serves 2

2 tsp. orange peel  
orange slices, to serve  
2 eggs  
8 tbsp. (160g) natural  
yoghurt  
2 tsp. coconut sugar  
2 tsp. vanilla extract  
8 tbsp. (120g) spelt flour  
1 tsp. baking powder  
1 tsp. coconut oil, melted

## What you need to do

1. Mix the egg, yoghurt, sugar, vanilla extract and orange peel. Fold in the flour and baking powder and mix well until smooth. Lastly, add in the melted coconut oil and mix again.
2. Fry the pancakes on a dry non-stick pan over low-medium heat until golden brown.
3. Serve with slices of orange and fresh berries.

### **PRO TIP:**

- If avoiding dairy, swap natural yogurt for soy or coconut yogurt.
- Spice up your pancakes with cinnamon or cardamom for a fiery kick