



PROTEIN SHAKES PANCAKES

- 1 cup all-purpose flour
- $\frac{3}{4}$ cup **Youngevity Fit Shake (Banana Cream)**
- 2 $\frac{1}{2}$ tsp. baking powder
- 1 tsp. salt
- 1 cup milk
- $\frac{3}{4}$ cup cottage cheese, blended
- 1 large egg
- 2 Tbsp. melted butters

In a large bowl add flour, Youngevity Fit Shake, baking soda and salt. Make a well in the center and add milk, cottage cheese, melted butter and egg. Mix until smooth. Heat a lightly oiled grill to medium heat. Ladle approximately $\frac{1}{4}$ cup of batter onto the griddle, cook until bubbles form, flip and cook other side until golden brown. Serve with fresh fruit.

