

Protein Pikelets

2 heaped tbsp pea protein, chocolate or vanilla

1 tablespoon of almond or hazelnut meal

30 mL water

1 egg

Macadamia oil for cooking

Combine ingredients in a bowl.

Use a fry pan on a moderate heat. If a good non-stick pan you may not need oil, otherwise use a little macadamia oil. They don't bubble like usual pikelet's do. But you can notice them cooking. Turn as necessary. Watch carefully as they can burn quickly.

Try serving buttered with a handful of mixed berries or stewed apple and cinnamon.

Makes approximately 4 pikelets

The original recipe is from the Metagenics Shake it program, although I wanted to use a dairy and soy free protein powder. I really like pea protein's with no artificial additives. I've been making making these pikelets for so long that I've come up with my own way of making them.

A great breakfast or snack if you aiming to eat low carbohydrate and managing weight.