

Almond Butter & Jam ProCakes



Yields: 8 ProCakes *if using 1/3 cup batter per*
Increase or decrease this recipe as desired.

ProCake Ingredients:

1 cup 2% Low Fat Cottage Cheese or
Lactose Free Cottage Cheese
3/4 cup White Whole Wheat Flour
40 grams Vanilla Protein Powder→→
1/2 tsp. Cinnamon
1/2 tsp. Salt
1 1/2 cup Egg Beaters
1/4 cup Extra Creamy Oat Milk
1/4 cup Avocado Oil
1 tsp. Pure Vanilla Extract
Avocado Oil Cooking Spray

Topping Ingredients:

Almond Butter
No Added Sugar Jam (any flavor)

ProCake Directions:

Step 1: Place ingredients in a blender; blend until smooth (1 - 2 min.). Cottage cheese will not have any lumps! Pinky swear.

Step 2: Heat large skillet or griddle sprayed with oil. Use specific measuring cup for each procake. Make sure that the skillet is hot. Flip once.

Step 3: After you make all the procakes, cool completely on a wire rack. Stack by separating each procake with a piece of wax paper. Store in a Ziploc bag or a container in your refrigerator for up to 4 days. You can freeze them for up to 2 weeks. Reheat on a griddle or in a skillet. Spread almond butter and jam over your warm procake and enjoy!

Note: If you prefer Peanut Butter in place of Almond Butter; use the same portion of a Natural Peanut Butter.

→ 40 grams represents the value of the macro nutrient protein, **not the weight** of the powder.

Full Meal Portions:

2 Unit Portion:

One 1/3 cup procake batter
1 Tbsp. almond butter
1 Tbsp. jam

3 Unit Portion:

Two 1/4 cup procake batter
1 1/2 Tbsp. almond butter
1 1/2 Tbsp. jam

4 Unit Portion:

Two 1/3 cup procake batter
2 Tbsp. almond butter
2 Tbsp. jam

5 Unit Portion:

Three 1/4 cup procake batter
2 1/2 Tbsp. almond butter
2 1/2 Tbsp. jam

