

# RecipeCalc

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### RecipeCalc

Thu Mon Tue 03 02 01 04

Calories left

**420** kcal







05

**Breakfast** 

402 kcal

Sat

06



Pancakes 2 servings

400 kcal

 $\times$ 



Coffe

1 cup

2 kcal

 $\times$ 



Lunch



Apple slices 3 servings

18 kcal

18 kcal



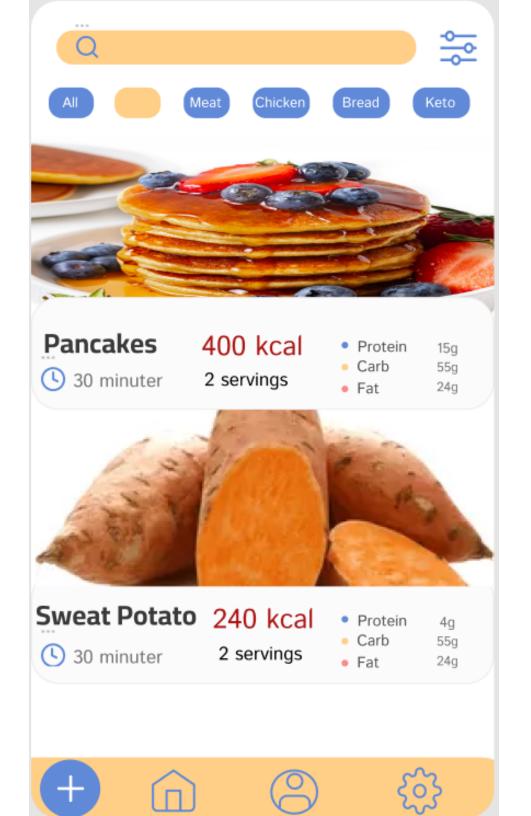














## (2)



### RecipeCalc



### Blueberry Pancakes

400 kcal

2 servings

ProteinCarb

Fat

15g 55g 24g

U

30 minuter

Add recipe

### Ingredients

3 pc eggs

1 tablespoon butter

1 tablespoon white sugar

3 ½ teaspoons baking powder

11/4 cups milk

#### Recipe Preparation

In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk