

## Cooking Recipe: Protein Pancakes by Andrin Rüegg

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### Recipe Protein Pancakes ç People

20 g butter

200 g flour

2 tbsp ground raw sugar

1 sachet vanilla sugar

2 TL Baking powder

0.25 tsp salt

3 dl buttermilk or milk

1 fresh egg

butter for baking

2 EA maple syrup

And this is how it's done:

Preheat the oven to 60 degrees, preheat the plate and dish.  
Melt the butter in a small pan and leave to cool slightly.

Mix the flour, sugar, vanilla sugar, baking powder and salt in a bowl. Mix the buttermilk and egg with the butter, pour into the flour, stir until the batter is smooth.

Heat a little clarified butter in a non-stick frying pan.  
Reduce the heat, pour enough batter into the pan in portions to make pancakes approx. 10 cm in diameter.  
Once the undersides are cooked and come out of the pan, turn the pancakes over, finish cooking and keep warm.  
Prepare the remaining pancakes in the same way, serve, drizzle with maple syrup.