

Vermont Special Pancakes

Makes twelve 3 inch/8 cm pancakes

3 eggs -separated-
1/4 cup all-purpose flour (60 mL) (*Yes, just 1/4 cup*)
3/4 cup cottage cheese (175 mL)
1/2 stick butter, melted (~55g)
2 Tbsp. sugar (30 mL)
1/4 tsp salt (1 mL)
1 Tbsp. grated lemon rind (15 mL)

Separate eggs and stir the yolks together with the remaining ingredients until well mixed.

Beat egg whites until they hold stiff peaks. Fold gently into the first mixture.

Heat skillet over medium flame. Spoon out the batter and cook slowly until done (about two minutes per side). Serve with pure **maple syrup**.

If you're concerned about fat, try replacing *half* of the cottage cheese with **ricotta cheese** or **non-fat yogurt**... and/or use 4 whites and 2 yolks for the three eggs. You may also cut back the butter to 1/3 stick, but please do use real butter or the flavor just won't be right.