

Apple Protein Pancake—Low-carb

A few years ago I was leafing through a book of old traditional recipes from Germany. In a section of northern German recipes, I came across a delightfully satisfying recipe for a fried apple pancake—without flour. It's literally called "Sweet Egg-Apple." When replacing the sugar with Monk fruit or Erythritol, this could become a high-protein dessert, snack or even breakfast, for anyone.

It only takes 10-15 minutes to make—enjoy!



Ingredients for one person

*1 Tbsp. raisins soaked in
Cognac*

1 apple

1-2 Tbsp. butter

1 tsp. lemon juice

Grated lemon peel, optional

1 large egg (or 2 small ones)

Pinch salt

Dash of vanilla extract

*¼ cup Erythritol/monk fruit
mixed with 1-2 tsp. cinnamon*

Preparation

- ★ Soak the raisins in cognac for a few hours or overnight (I always have a jar of this ready to go!).
- ★ Peel apple and thinly slice.
- ★ Melt butter in a nonstick pan and add sliced apples and sauté until slightly caramelized.
- ★ Add raisins and lemon juice towards the end. Evenly distribute apples on the bottom of the pan.
- ★ Scramble the eggs and add a bit of vanilla and the optional lemon peel.
- ★ Evenly pour the eggs over the apples over medium heat until eggs are mostly set.
- ★ Feel free to finish under a broiler to give the top some color. It just needs a minute or two.
- ★ Slide pancake onto a plate (I like to fold it in half) and top generously with the cinnamon mixture.
- ★ Enjoy immediately!