

Strawberry Pancake

Ingredients	Gram	Baker's %
Sliced strawberries	184	92
Granulated sugar	50	25
Pea protein concentrate	15	7.5
Water at 75°C	45	23
Almond extract	2.0	1.0
Milk	270	135
Unsalted butter, melted	15	7.5
All purpose flour	200	100
Granulated sugar	20	10
Baking powder	10	5.0
Salt	3.0	1.5

Procedure:

1. Sprinkle sugar on strawberries. Let it rest.
2. Mix pea protein concentrate with water and almond extract.
3. Combine all the wet ingredients and add dry ingredients.
4. Fold in the strawberries.
5. Cook on a griddle at approximately 180°C for 5 minutes or until the edge is dry.
6. Continue cooking until the pancake browned on both sides.

Nutrition Facts

Serving Size (90g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 270mg	11%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 4g	
Vitamin A 2%	Vitamin C 20%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



1710 Burnt Boat Drive, Bismarck, ND 58501

701-222-0128

www.northernpulse.com