Quark Pancakes: Low Carb Protein Breakfast

Airy and protein-rich cakes with a smooth and creamy centre



PREP	COOK	TOTAL	SERVES	CALORIES
10 min	10 min	20 min	6 pancakes	120 kcal

Ingredients

- 10 g butter, for cooking
- 80 g all-purpose flour
- 5 g baking powder
- 20 g caster sugar
- 250 g quark
- 2 large eggs, beaten
- 15 g butter, melted
- 1 tsp vanilla extract

Instructions

1. Heat the pan: Preheat a non-stick frying pan over medium heat. Add 10 g of butter and let it melt until it coats the surface. This ensures the pancakes do not stick and develop an even colour.
2. Mix dry ingredients: Whisk 80 g flour, 5 g baking powder, 20 g caster sugar and a pinch of salt in a dry bowl. Ensure the mixture is uniform. This prevents clumps of baking powder from creating uneven holes in the batter.
3. Combine wet ingredients: In a second bowl, whisk 250 g quark, 2 beaten eggs, 15 g melted butter and 1 tsp vanilla extract. Continue until a smooth, custard-like mixture forms. A smooth base prevents the pancakes from splitting.
4. Create the batter: Pour the wet mixture into the dry ingredients. Stir gently with a whisk or spoon until just combined. Do not overmix, as this develops too much gluten and makes the batter tough instead of tender.

5. Adjust consistency: Spoon in up to 30 ml cold water or milk if the batter feels too thick. If you prefer a stricter low-carb option, omit this. A thinner batter flows more easily and results in a lighter texture.
6. Fry the pancakes: Pour 45 ml of batter onto the hot pan. Spread it lightly with the back of the ladle to form a circle. Cook for 2 minutes until bubbles form and the edges turn opaque.
7. Flip and finish: Flip the pancake with a silicone spatula. Cook for a further 11/2 minutes until the second side is golden. Press the centre; it should feel firm to the touch.
8. Keep and serve: Transfer the finished pancakes to a plate and tent them loosely with foil. This traps the steam to keep them warm. Serve immediately with fresh berries or low-sugar maple syrup.

Notes

What to serve with itTop your pancakes with fresh berries, a dollop of plain quark, or a drizzle of low-sugar maple syrup. For a protein-boosted finish, use fresh Greek yoghurt and honey. You can also serve them with a wedge of half-sliced apple and a small ramekin of coconut-flavoured syrup for a fruity accompaniment.

Storing and reheatingPlace cooked pancakes in a sealed container in the refrigerator for up to 3 days. You may freeze them in an airtight bag for 1 week to maintain quality. Reheat your pancakes in a toaster or microwave until warm. Keep any unused quark in a covered bowl in the refrigerator.