



Good Chef Bad Chef Cottage Cheese and Manuka Honey Hotcakes

EASY • 15 MINS

Crafted by Jacqueline Alwill, these Cottage Cheese and Manuka Honey Hotcakes mix nutritious cottage cheese with the bioactive benefits of Capilano Manuka Honey, making them ideal for kickstarting your day or as a healthy snack. Plus, they're gluten-free and packed with protein! Head to [Good Chef Bad Chef](#) for more.



SKILL LEVEL
Easy

PREP TIME
5 mins

COOKING TIME
10 mins

SERVINGS
2

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!



Ingredients

- 1 cup almond meal
- ½ cup cottage cheese
- ½ tsp vanilla extract
- 2 eggs
- ½ tsp baking powder
- 2 tsp **Capilano Manuka Honey**
- 1 banana, sliced and fried, or seasonal fruit of choice
- Spray olive oil, for frying

Method

1. Place almond meal, cottage cheese, vanilla, eggs, and baking powder in a blender and blitz to combine.
2. Heat a frypan on medium heat. Spray olive oil around the pan to coat. Add 2 tbsp of batter to the pan, cook 2-3 minutes, flip and cook for a further 1-2 minutes. Transfer to a plate and repeat the process.
3. Top with fried sliced banana and Capilano Manuka Honey for a gut-loving, high protein, antioxidant-rich breakfast.
4. Substitution: rolled oats can be substituted for almond meal.

Used in this recipe



ACTIVE MANUKA HONEY

Nature's Sweet Superfood

Made by some of the world's healthiest bees* this special blend of Australian Manuka and floral honey is independently tested and certified to contain a minimum of 30mg of Methylglyoxal (MGO), the key compound that makes Manuka so special. The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!



your daily cup of tea, coffee, smoothies,
yoghurt or cereal, or simply enjoy by
the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

Visit capilanothoney.com.au to learn how
to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#)
on Instagram or Facebook and you could be featured on our page!