



Long Livo

Quark Pancakes Without Flour

10 min

Prep time

4

Servings

10 min

Cook time

Easy

Difficulty

20 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 cup quark (full-fat)
- ☐ 2 large eggs
- ☐ 1 tsp baking powder
- ☐ 1 tsp honey (optional)
- ☐ ½ tsp vanilla extract

- ☐ 1 tsp lemon zest

- ☐ Pinch of salt

Optional Toppings

- ☐ Fresh berries
- ☐ Maple syrup
- ☐ Greek yogurt
- ☐ Chopped nuts

Instructions

- 1** In a medium bowl, whisk the quark and eggs together until smooth; I remember hearing a soft “whoosh” as they blend.
- 2** Add honey, vanilla, lemon zest, and a pinch of salt; stir gently, then let the mixture rest for 2 minutes.
- 3** Sprinkle the baking powder over the batter and fold just until incorporated – a few tiny lumps are perfectly fine.
- 4** Heat a non-stick skillet over medium-low, melt a dab of butter, and pour ¼ cup batter per pancake; cook until bubbles appear, then flip and cook another 1-2 minutes.
- 5** Serve warm, topping with fresh berries or a drizzle of honey; you might even pair with a cup of tea.

Nutrition per serving

220 kcal

Calories

16 g

Protein

10 g

Carbs

12 g

Fat

Tips & notes

- If the batter feels too thick, thin it with a splash of milk or water.
- For extra fluff, let the batter rest a few minutes before cooking.
- A quick tip: use a ladle for evenly sized pancakes.