

CHEESE LATKES

INGREDIENTS

- 16 oz** Farmer cheese **OR** Ricotta cheese (drained) **OR** pot cheese
- 1 C** Egg substitute
- 3/4 C** Whole wheat pastry flour **OR** your choice of gluten-free flour
- 2 T** Coconut crystals **OR** your choice of sugar substitute
- 1/2 t** Vanilla
- 1/2 t** Salt
- Non-stick cooking spray **OR** healthy oil



DIRECTIONS

- 1 Mix all the ingredients except the non-stick cooking spray in a bowl until thoroughly combined
- 2 In a large saute pan, heat the cooking spray or a small amount of oil over a medium-heat
- 3 Using a 1/4 cup of batter at a time, pour into the pan making sure to keep space between the latkes
- 4 When the top is set & the bottom is lightly browned, gently turn the latke over
- 5 When the bottom is browned, gently remove each latke with a spatula & place on a paper towel

NOTES

Topping choices include maple syrup (low cal), sour cream (non-fat), yogurt (low fat), cinnamon & coconut crystals, cinnamon & agave or fresh fruit

