

Breakfast Blini

Ingredients

4	Eggs
1	cup Cottage Cheese
1/2	cup Buckwheat flour
1/4	cup 50% Butter, melted & 50% oil

Method:

Mix eggs and oil. Add remaining ingredients.

Cook on griddle. Make as small pancakes (2 tablespoons?), about 4 inch diameter.

Comments:

Nutrition Information: (for recipe)

Source: Sunset, fall 1982

Nutrition Facts		
Serving Size Entire Recipe 542g (542 g)		
Amount Per Serving		
Calories	1101	Calories from Fat 665
% Daily Value*		
Total Fat 75g		115%
Saturated Fat 25g		124%
Trans Fat 0g		
Cholesterol 916mg		305%
Sodium 1207mg		50%
Total Carbohydrate 50g		17%
Dietary Fiber 6g		24%
Sugars 9g		
Protein 61g		
Vitamin A	36%	• Vitamin C 0%
Calcium	28%	• Iron 36%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
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