

Choco Fever Dream

Quark Pancakes Without Flour

10 min Prep time	**10 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**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	16 g	10 g	12 g
Calories	Protein	Carbs	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.