



COTTAGE CHEESE PANCAKES

Makes 18 pancakes

Ingredients:

- 1 cup oats
- 1 cup low fat cottage cheese
- 1 teaspoon vanilla
- 4 large eggs
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon salt

Directions:

- 1 Add oats to blender.
- 2 Pulse the blender 4 times.
- 3 Add remaining ingredients and blend until fully combined.
- 4 Heat a large skillet over medium-low heat. Spray with non-stick cooking spray.
- 5 Drop 2 tablespoon portions onto skillet and cook until bubbles begin to form and edges appear dry.
- 6 Flip over and continue cooking for another 2 minutes.
- 7 Top with favorite pancake toppings and enjoy!

Tips:

- Cottage cheese is a great source of protein + gives these pancakes an extra punch of nutrients
- Using oats instead of flour gives these pancakes extra fiber from a whole grain.
- Tap these pancakes with chopped fresh berries for a healthy + nutrients breakfast .

Picture from <https://recipes.sparkpeople.com/>

Recipe from <https://www.ihearteating.com/cottage-cheese-pancakes>

Nutrition Facts

18 servings per container	
Serving size	1 pancake
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 125mg	5%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	