



PROTEIN PANCAKES

PREP TIME: 15 minutes **SERVINGS:** 7

INGREDIENTS

- 1-1/3 cups old-fashioned rolled oats
- 1 teaspoon baking powder
- 1/2 cup cottage cheese
- 2 large eggs
- 1/2 cup water
- 1 teaspoon olive oil
- 1 teaspoon vanilla extract
- dash of cinnamon

INSTRUCTIONS

1. Add oats and baking powder to a food processor or blender and blend until they're as fine as flour. Remove to a bowl.
2. Add the cottage cheese, eggs, water, vanilla, oil and cinnamon to the blender and blend until smooth.
3. Add the wet ingredients to the bowl with the dry ingredients and stir to combine.

4. Scoop about 1/4 cup of batter for each pancake and pour onto a hot griddle sprayed with non-stick cooking spray.
5. Cook on one side until bubbles begin to appear on the surface of the pancake. Flip and cook on the other side until golden.
6. Serve with fresh fruit and real maple syrup, or a low-sugar syrup.
7. Makes about seven 4" pancakes

NUTRITION INFORMATION

1 pancake, 100 calories, 11 g carbohydrates, 5 g protein, 3 g fat, 55 mg cholesterol, 77mg sodium, 148 mg potassium, 1 g fiber, 100IU vitamin A, 53 mg calcium and 1 mg iron.

Source: tastesbetterfromscratch.com