

Protein Pancakes

Ingredients:

- 1 c. uncooked whole grain oats (non-instant)
- 6 egg whites
- 1 c. fat free cottage cheese
- ¼ tsp. vanilla
- ¼ tsp. ground cinnamon
- 2 tsp. sugar
- Fresh fruit of your choice



Preparation:

1. Combine all ingredients except fresh fruit in a blender and blend until smooth.
2. Spray a pan with non-stick spray (we use air-pumped extra virgin olive oil) and place over medium heat.
3. Pour small amounts of batter into pan and cook until pancakes are done on one side. Flip and continue cooking until pancake is golden brown.
4. Serve with fresh fruit and enjoy!

*Note: We found that these pancakes need to be cooked at a slightly lower temperature and for just a bit longer than traditional pancakes. But the flavor and consistency is incredible and definitely worth it. Make a bunch extra and freeze them for breakfasts on the go during your busy weeks!

**Thanks to Nery N. for submitting the original recipe to us. We made a change or two for our own liking and hope you enjoy these as much as we do!