



PROTEIN PANCAKES

INGREDIENTS

ITEM

Rolled Oats
Low-fat Cottage Cheese
Eggs
Cinnamon
Vanilla Extract
Olive Oil Spray

QUANTITY

½ Cup
½ Cup
2 Eggs
½ Tsp
½ Tsp

OPTIONAL TOPPINGS

Fresh Berries
Greek Yogurt
Sugar-free Syrup

SERVING SIZE

1

PREPARATION

- ✔ Blend all ingredients until smooth.
- ✔ Heat a nonstick pan over medium heat with a bit of oil
- ✔ Pour batter into small pancakes.
- ✔ Cook 2-3 minutes per side until golden.