

HEARTY AND HEALTHY

Cottage Cheese Banana Oatmeal Protein Pancakes

2 SERVINGS

PREP: 5 MINS

COOK: 10 MINS



INGREDIENTS

- 1/2 cup old-fashioned rolled oats, gluten free if desired
- 1/2 medium banana
- 1/2 tsp vanilla extract
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1 egg
- 1/4 cup low fat cottage cheese
- Optional add-ins/toppings:
Fresh berries, chocolate chips, peanut butter, maple syrup, yogurt, or chopped nuts

DIRECTIONS

1. Place all ingredients in a blender and blend until completely smooth, about 30 seconds.
2. Lightly coat a large nonstick skillet or griddle with nonstick cooking spray and heat over medium low heat. Drop batter by 1/4 cup onto skillet. Add desired toppings such as chocolate chips or blueberries.
3. Cook until bubbles appear on top. Flip cakes and cook until golden brown on underside.
4. Wipe skillet clean and repeat with more cooking spray and remaining batter. Makes 3-4 pancakes.

NUTRITION

Serving: 2 pancakes | Calories: 324kcal | Carbohydrates: 42.3g | Protein: 19.6g | Fat: 7.7g | Saturated Fat: 1.3g | Fiber: 5.5g | Sugar: 10g

