

# Cottage Cheese Pancakes

*Recipe makes 1 serving*

## Ingredients

- 1/2 cup Quick Oats, dry
- 1/2 cup Low Fat Cottage Cheese, 1% milkfat
- 1 Whole Egg
- 2 Tbsp Sugar Free Maple Syrup
- 1 tsp Baking Powder
- 1 tsp Vanilla Extract
- Pinch of Cinnamon
- Pinch of Nutmeg
- Pinch of Salt
- Non-Stick Cooking Spray

## Instructions

1. Add all of your ingredients, except cooking spray, into a blender and blend until smooth.
2. Heat a skillet over medium heat, spray with cooking spray, and add your batter. Cook for 60-90 seconds, flip the pancakes, and cook on the other side for 60-90 seconds. Do this until all your batter is used.
3. Serve with toppings of choice and enjoy!



## Nutrition Profile

*- per serving -*

**Calories - 305**  
**Fat - 9g**  
**Carbohydrates - 35g**  
**Protein - 23g**  
**\*Fiber - 4g**

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# Notes

- **This makes about 3-4 medium sized pancakes, but you can make them whatever size you prefer.**
- **These pancakes freeze extremely well. You can make these in bulk and store in the freezer. Reheat in the microwave for a few seconds and enjoy with your favorite toppings.**