



Cinnamon Twist Apple Pancakes

SERVINGS: 8

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 1 Cup Cottage cheese
- 3/4 Cup Rolled Gluten-Free
Oatmeal, uncooked
- 3 Large eggs
- 1 tsp Cinnamon
- 1 Small scoop Whey Protein
powder
- 1 tsp Baking Powder
- 2 Medium Apples, peeled and
grated
- 2 Tbsp (1 oz) Dried Cranberries

DIRECTIONS

1. Combine the cottage cheese, oats, eggs, cinnamon, whey and baking powder into a blender.
2. Blend until smooth.
3. In a medium size bowl, add in the apple, cranberries and pour in the blended mix, stir well.
4. Heat a non-stick skillet on medium heat on the stove top.
5. Spray on non-stick pan spray.
6. Spoon ¼ cup of mixture into the pan, placing 4 pancakes on the pan. Heat for a few minutes then turn down to low and place the lid on the pan, leave for a further 2-3 minutes. Turn with a spatula and cook the other side, repeating the process. Repeat with the remaining ingredients.
7. Serve warm with fresh fruit.

NUTRITION

Serving size: 2 pancakes
(per serving) 190 calories, 5g fat, 1.5g saturated fat, 140mg cholesterol, 410mg sodium, 21g carbohydrate, 2g fiber, 12g sugar, 15g protein