

Breakfast Ideas Recipe

Cottage Cheese Pancakes with Cinnamon and Fruit

Preparation time: 10 minute

Cooking Time: 10 Minutes



Nutrition Facts	
Serving Size: 1 serving (129.3g)	
Servings: 1	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 330mg	14%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Sugars 3g	
Protein 17g	
Vitamin A 2%	Vitamin C 0%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

Nutrition Facts:

Excludes added fruit

Ingredients

- 1 Cup Cottage Cheese 2% Fat
- ½ Cup Rolled Gluten Free Oatmeal, uncooked
- 3 Large Eggs
- 1 tsp. Cinnamon
- 1 Small Scoop Whey Protein Powder, gluten free (check ingredients)
- 1 tsp. Baking Powder
- Non-stick Pan Spray

Method

1. Combine ingredients in a blender, Vitamix or Nutribullet, or use a hand held blender
2. Mix or blend ingredients until smooth.
3. Spray skillet with non-stick pan spray
4. Heat Skillet on stove top on medium heat.
5. Spoon mixture into pan each pancake will be about 2 ½ inches in diameter, heat until small bubbles form in pancake, then turn with a spatula and cook on other side. Cook until golden brown, remove from pan and place on plate. Repeat this cooking process until you have made 6 pancakes.
6. Serve warm, topped with fresh fruit such as sliced bananas, blueberries or Raspberries, and drizzled with a little Truvia Syrup

Serves 3: Two 3-4 inch Pancakes per serving