



Perfect Protein Pancakes



Entire recipe: 246 calories, 4g total fat (1.5g sat. fat), 644mg sodium, 26g carbs, 3.5g fiber, 5g sugars, 25g protein

Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

1/3 cup old-fashioned oats
1/2 cup low-fat cottage cheese
1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
1 packet natural no-calorie sweetener (like Truvia)
1/2 tsp. cinnamon
1/4 tsp. baking powder
1/4 tsp. vanilla extract
Optional toppings: light butter, lite pancake syrup, fresh fruit

Directions

Place oats in a small blender/food processor, and pulse to the consistency of coarse flour. Add remaining ingredients, and blend until smooth and uniform, stopping and stirring if needed.

Bring a skillet sprayed with nonstick spray to medium heat. Add half of the batter (about 1/2 cup) to form a large pancake. Cook until pancake begins to bubble and is solid enough to flip, 2 - 3 minutes. Gently flip and cook until both sides are lightly browned and the inside is cooked through, 1 - 2 minutes.

Transfer pancake to a plate. Remove skillet from heat, re-spray, and return to medium heat. Repeat with remaining batter to make a second pancake.

MAKES 1 SERVING

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