

Blender Protein Pancakes

BREAKFAST Makes 1 serving

Yes, you can have pancakes! These high protein pancakes take minutes to whip up. Make a large batch and freeze for later!

Ingredients

- 1/3 cup 1% cottage cheese
- 1/2 cup egg whites
- 30 grams rolled oats
- 1/4 tsp baking powder
- 1/2 tsp vanilla
- pinch of salt
- pinch of cinnamon

Directions

1. Place all of the ingredients into a blender and blend until smooth.
2. Heat a griddle or non-stick fry pan over medium-high heat.
3. Pour pancake batter onto the griddle in desired size (3-5 pancakes).
4. Cook until the top is bubbling and starting to set, then flip and cook a minute or two longer.
5. Remove from the griddle and serve.

Notes

You can make the pancakes as big or small as you want, but you still get to eat the whole batch!

Top with sugar-free syrup, low-fat whipped topping, peanut butter, or fresh berries.

Can also double or triple the batch and freeze the made pancakes for later.

*Nutrition information is an estimate and will vary based on how accurately you measure ingredients and the brands of ingredients used.



Macros *

Per 1 serving

Calories : 226

Protein : 26.2 g

Carbs : 24.9 g

Fat : 3.2 g