



Cottage Cheese Pancakes

Ingredients:

- 1/2 cup cottage cheese
- 2 eggs
- 1/2 cup oats
- 1 tsp baking powder
- 1/2 tsp vanilla extract (optional)

Directions:

1. Place the oats, cottage cheese, eggs, and salt and blend until well-combined
2. Heat a large pan over medium heat and spray with cooking spray. Add batter to desired size and space evenly apart
3. Cook until set around the edges and golden-brown on the bottom, 2 to 3 minutes on each side
4. Transfer to a plate. Serve with fresh or frozen berries
5. Enjoy! Store leftovers in the fridge for up to 5 days

Cookware needed:

- Food processor
- Spatula
- Frying pan

Cost: 

Ease: 

Health Benefit: Cottage cheese is low in sugar and contains protein and calcium to support strong and healthy bones. Berries are rich in antioxidants, vitamins, and minerals for overall health. Oats contain soluble fiber to support healthy digestion.