



High Protein Pancakes

3 servings
20 minutes

Ingredients

- 1 cup Oats
- 3/4 cup Cottage Cheese
- 4 Egg
- 1/4 tsp Sea Salt (pinch)

Nutrition

Amount per serving	
Fat	10g
Carbs	21g
Fiber	3g
Sugar	2g
Protein	18g

Directions

- 1 Combine all ingredients in a high speed blender. Blend until you get a smooth consistency. Let sit for 5 minutes so the batter thickens up.
- 2 Add a little bit of avocado or coconut oil to your frying pan. Heat on medium-high. Once pan is hot enough, pour pancake batter into the pan. Approximate size of each pancake is 6 inches in diameter. Cook for about 3 minutes per side.
- 3 Makes approximately 7-8 pancakes (6 inches in diameter). One serving is 2-3 pancakes per person.

Notes

No High Speed Blender: Use quick oats instead of regular oats. It will blend easier in a regular blender or in a mixer.

Savoury or Sweet: For a savoury version, top with avocado slices, tomato slices, a poached egg, and some sprouts. For a sweet version, spread nut butter on pancake, then top with Greek yogurt and fresh berries.

More protein: Adding these toppings will increase the protein count: poached egg, nut butter, Greek yogurt, hemp seeds.