

Oat & cottage pancakes

submitted by janine62



Per serving: 199 Calories • 12.4g Carbs (1.6g Fiber) • 7.5g Fat • 19.4g Protein

Ingredients

Ingredients scaled to: 3 pancake

- 4 large **Egg** (200 grams)
- 1/2 cup **Oatmeal** (40 grams)
- 1 cup **Cottage cheese** (226 grams)
- 1 tsp **Vanilla extract** (4.2 grams)
- 1 spray , about 1/3 second **Pam cooking spray** (0.30 grams)

Directions

Directions are based on the original recipe of 3 pancake

1. Combine eggs, oatmeal, cottage cheese, and vanilla extract in a bowl and blend together.
2. Spray skillet with cooking spray. Pour batter in a pan (about 1/4 cup for each).
3. Cook pancakes, brown on each sides.