

PROTEIN POWER PANCAKES



Prep Time: 5 minutes



Cook Time: 7 minutes



Total Time: 12 minutes



Yield: 6 pancakes
Serving Size: 3 pancakes

Equipment Needed:

Blender
Measuring cups
Measuring spoons
12" saute pan

Ingredients:

½ cup Old Fashioned oats
1 tsp baking powder
½ tsp ground cinnamon
½ of a medium-sized banana
¼ cup of fat-free cottage cheese
½ cup of pasteurized egg whites
1 tbsp 1% low-fat milk
½ tbsp water
½ tsp vanilla extract
Non-stick spray

Instructions:

1. Prepare all ingredients in a blender.
2. Blend on medium speed just until smooth, ensuring not to over-blend.
3. Heat a medium-sized saute pan on the stove on low-medium heat.
4. Coat the pan with non-stick spray.
5. Pour about ¼ of the batter into the pan and allow to cook for 3-5 minutes, or until bubbles start to form on the surface.
6. Carefully flip the pancakes and allow to cook for 2-4 minutes, or until golden brown.
7. Repeat steps 4-6 with the remaining batter.