



Lemon Blueberry pancake

Serving: 1

Veg

Ingredients

- half cup rolled oats
- 3 egg whites
- 2 tsp cottage cheese
- 1 scoop protein powder
- 2 tbsp lemon juice
- 1/4 tsp lemon zest
- 1/4 cup water
- 1 tbsp plain greek yogurt
- lemon juice - 1 tsp
- honey - 1 tsp
- Blueberries - 8

Preparation Method

- Combine the oats, eggwhites, cottage cheese, vanilla powder, lemon juice, 1/4 tsp. lemon zest, and water in a blender. Blend until the mixture is smooth.
- pour 1/4 cup of the pancake mixture into the center of the pan. Allow to cook for 2-4 minutes, or until the edges start to harden and a spatula can easily slide underneath the pancake.
- Flip over and cook an additional 2-4 minutes, or until the batter is cooked through.
- Repeat with remaining pancakes.
- For topping, combine the yogurt, honey, lemon juice, in a small mixing bowl. Top yogurt over the pancakes along with a few fresh blueberries.