

Protein Power Pancakes

1 cup organic rolled oats
6 egg whites
1/2 cup low fat cottage cheese
2 teaspoons baking powder
2 scoops [Swanson Whey Protein Powder](#)
1/4 teaspoon [Swanson Organic Cinnamon](#)
1 tablespoon [Swanson Organic Milled Flaxseed](#)
1 tablespoon [Swanson Wheat Germ Powder](#)
1/2 teaspoon pure vanilla extract



Mix all ingredients in a blender or with a mixer. Pour 1/4 cup of the mixture onto a hot skillet or pancake griddle. Cook both sides until golden brown. For a special treat, top with your favorite yogurt, fresh berries or [organic maple syrup](#).

You can also package them up and freeze them for later.

Makes 18 pancakes. Serving size 2 pancakes.

Nutritional Breakdown (per serving):

Calories 120, Fat 2 grams, Protein 12 grams, Sodium 210 mg, Carbohydrates 14 grams, Fiber 2 grams

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