



Oatmeal Cottage Cheese Pancakes

★★★★★ (271 reviews)

By [bramble](#)

These are wonderful and are almost too healthy to be true. Lots of calcium, protein, fiber, etc. I usually eat them without any topping and just keep popping them in my mouth! Yum. But a good jam will do them nicely as well.

ready in 15 min

Prep time
5 min

Cook time
10 min

Total time
15 min



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Nutrition



Calories
337.1



Fiber
4.1 g



Cholesterol
17.9 mg



Carbs
32.5 g



Sugar
4.7 g



Sodium
604.1 mg



Protein
31.4 g



Fat
7.4 g



Saturated
fat
2.2 g



Ingredients

Yield: 1 serving(s)

1/2 cup [oatmeal](#)

1/2 cup [cottage cheese](#)

1 teaspoon [vanilla](#)

4 [egg whites](#)



Directions

- 1 Blend all ingredients in blender.
- 2 Spray skillet with cooking spray and cook just like "silver dollar" pancakes, a few small ones at a time.
- 3 Top with your favorite pancake topping!