

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	Cook time	Total time
5 min	10 min	15 min

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Directions


1. 2. 3. 4. 5.

- 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!




Nutrition




Calories

337.1




Fiber

4.1 g




Cholesterol

17.9 mg




Carbs

22.5 g




Sugar

4.7 g





Sodium


604.1 mg



Protein

31.4 g

	Fat 74 g
	Saturated fat 22 g



Ingredients

Yield: 1 serving(s)

1/2

cup oatmeal

1/2

cup cottage cheese

1

teaspoon vanilla

4

egg whites

Bon Appétit!

Recipes were collected from various websites. You can find their source pages in recipe details.

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