



# 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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## 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!



## 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](#)