[Cottage Cheese Pancakes](http://www.tastebook.com/recipes/1889693-Cottage-Cheese-Pancakes)

1¼ C whole wheat flour

1 t baking powder

2 T honey or maple sugar flakes

½ t ground cinnamon

¼ t salt

8 egg whites

1 C fat-free cottage cheese

1 C fat-free plain yogurt

Cooking spray

1. Combine the first 5 ingredients in a medium bowl. Make a well in the center.

2. Combine eggs, cottage cheese, and yogurt in a small bowl. Pour into well. Stir until moist.

3. Heat a nonstick pan or griddle or prep a skillet with cooking spray. With medium high heat use ¼ C of batter for each pancake. Cook until light brown on both sides. Keep in a warm oven until serving!

1. Serve with fruit.
2. Calories per pancake: 81 Protein: 7g Fat: 0.3g Carbs 12g