Protein Energy Pancake  
Serves 1

Ingredients:  
• Olive oil spray• 3/4 cup quick cook oatmeal• 3/4 cup egg whites• 1 tbsp fat-free cottage cheese• 1 tsp cinnamon (optional)• 1 tbsp sugar-free syrup or agave nectar  
• 1/4 cup blueberries

Preparation:  
Mist pan with Olive oil spray. Combine all ingredients and pour into small frying pan in pancake form.

When sides start to brown, flip. Pancakes will need approximately 3 minutes on each side.

Serve with sugar-free syrup or agave nectar and blueberries.

Nutritional information per serving (including cinnamon):Calories 355, Total Fat 4 g, Sat. Fat 1 g, Monounsaturated Fat 1 g, Polyunsaturated Fat 1.5 g, Carbs 53 g, Fiber 8 g, Sugar 7 g, Protein 30 g, Sodium 386 mg, Cholesterol 1 mg