



Blueberry Pancakes

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Serves 2

Ingredients

1 cup plain oatmeal (old fashioned or quick oats, not instant)
6 eggs
1/2 cup 1% cottage cheese
1 tsp cinnamon (optional)
1 tsp nutmeg (optional)
1/2 tbsp baking powder
Coconut Oil
1 cup blueberries (fresh or frozen)

Directions

In a blender, combine oatmeal, egg whites, cottage cheese, cinnamon and nutmeg; process until smooth.

Add baking powder and process briefly, just enough to mix it in.

In a medium skillet heat oil over medium heat.

Pour 1/2 cup pancake batter into pan; sprinkle 1/4 cup blueberries over top. When pancake is golden underneath (use spatula to peek), flip and cook for a few minutes on other side.

Transfer cooked pancake to a plate, and repeat process with remaining batter and blueberries to make 4 pancakes.

Notes

I use a refined coconut oil so that my all my food doesn't smell or taste like coconuts.

I always double this recipe, so that I use the entire container of cottage cheese, AND so that I have lots left over. These freeze really well. Just defrost them over night and then pop them in the toaster oven until their toasty warm.

Nutrition Facts - Servings: 1

Calories 396

Total Fat 18.9g, Saturated Fat 7.4g, Cholesterol 496mg, Sodium 423mg, Total Carbohydrate 30.8g, Dietary Fiber 4.7g, Total Sugars 9.1g, Protein 28g, Vitamin D 46mcg, Calcium 296mg, Iron 5mg, Potassium 756mg