



Berry Oat Pancakes

These nutrient packed pancakes couldn't be easier to make - just toss everything into a blender and you're ready to go! They blend into a smooth, hearty batter that is rich in whole grains, protein, and antioxidants. Use any berries you like (fresh or frozen) for a touch a natural sweetness. Simple, wholesome, and customizable, these pancakes make a delicious breakfast that's quick and convenient.

Yield: 6 servings

Ingredients:

- 1.5 cups oats
- ¼ teaspoon salt
- 2 teaspoons baking powder
- ¼ teaspoon cinnamon
- ½ cup reduced fat cottage cheese
- 2 large eggs
- 2 tablespoons olive oil
- ½ cup water
- ½ cup honey
- 1 teaspoon vanilla extract
- ½ cup frozen berries

Directions:

1. Add oats, salt, baking powder, and cinnamon to a blender.
2. Pulse a few times then blend for 5-15 seconds, or until dry ingredients are combined.
3. Scrape down the sides of the blender, add cottage cheese, eggs, olive oil, honey, water, vanilla, and berries.
4. Blend for 15-30 seconds at a time until batter is smooth, scraping down sides as necessary.
5. Heat skillet or griddle over medium low heat, lightly coat pan with cooking spray or oil.
6. Using a ¼ cup measuring cup, pour batter onto skillet.
7. Cook for about 2 minutes, or until the pancake edges look set.
8. Flip pancakes and cook for another 2-3 minutes, until golden brown.
9. Transfer cooked pancakes onto wire rack or plate to cool.
10. Repeat until all batter is used.

Recipe notes:

- Can be made ahead and frozen for even quicker mornings. Simply cook as usual, let cool, and store in freezer-safe bag or container. Reheat in toaster or microwave for a fast healthy breakfast any day of the week.

Nutrition info per serving:

Calories: 230, Saturated Fat: 1.7g, Sodium: 182.3mg, Added Sugars: 0g, Fiber: 3.3g, Protein: 71g

Adapted from: <https://eatthegains.com/cottage-cheese-pancakes/#recipe>