

BEYOND HUNGER

COTTAGE CHEESE PANCAKES

We have all enjoyed pancakes made from a boxed mix, but have you ever tried making them with cottage cheese? You read that correctly... cottage cheese! This pancake recipe uses this secret ingredient to make pancakes that are high in protein, lower in carbs, and just as fluffy as the traditional version. Go ahead. Give them a try! We bet you'll love them.

Yield: 4 servings

Serving Size: 1 ½ cups

Ingredients

- 3 large **eggs**
- 1 cup **cottage cheese**
- 1 teaspoon **vanilla extract**
- 2 tablespoons **honey**
- ½ cup **flour***
- 1 teaspoon **baking powder**
- ¼ teaspoon **kosher salt**
- **butter**, oil, or oil Spray

Instructions

1. Place the first four ingredients in a large mixing bowl and whisk to combine.
2. In a separate bowl, whisk the dry ingredients together.
3. Pour the dry mixture into the bowl with the wet mixture. Stir until just combined; be sure not to over stir.
4. Heat a large sauté pan or griddle over medium heat, lightly coat it with oil, butter, or cooking spray, and pour a small amount of batter onto the pan for each pancake. Cook for two minutes on each side until the pancakes are golden in color and the batter is set. Serve warm.

*You may add an additional ¼ cup flour to the dry mixture for a more traditional-style pancake.

Chef's Note: Pancakes can be frozen in Ziploc bags up to three months. Simply allow the pancakes to come to room temperature before placing them in the Ziploc bag.

Per Serving:

This recipe was adapted from eatingwell.com

