

Easy Protein Pancakes

Serves 6

Ingredients:

- 4 large Eggs
- 1½ cups Rolled Oats
- 1½ cups Cottage cheese, 1 or 2% M.F.
- 1 tsp Cinnamon
- 1 tsp Vanilla

Directions:

1. Place all ingredients in a blender and process on medium speed until smooth.
2. Heat a large skillet over medium-low heat. Add tsp butter.
3. Measure out each pancake by pouring ¼ cup batter onto skillet. Cook until bubbles appear and they turn golden brown. Flip and cook on other side. Repeat with remaining batter. Serve with stewed apples, yogurt and maple syrup.

Stewed Apples

Ingredients:

- 1 apple, cored and chopped
- ¼ cup water
- 1 tsp cinnamon

Directions:

1. Add the chopped apples, water, and cinnamon to a small pot. Mix to combine.
2. Bring to a boil then reduce the heat to a simmer. Cook for 15 to 20 minutes or until the apples are soft and fork tender. Remove from the heat and set aside

Nutrition Information per Serving:

Calories 200; Fat 6 grams; Carbohydrate 21 grams; Fibre 3 grams;
Protein 15 grams; Sodium 262 milligrams

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