Recipe for PROTEIN PANCAKES

EQUIPMENT NEEDED Blender, measuring cups, bowl, mixing spoon, stove, pan, spatula.

SERVES 2 ESTIMATED COST $2.00 COST PER SERVING $1.00

INGREDIENTS

- 6 eggs
- 1 cup cottage cheese
- 1 cup rolled oats
- 2 tsp cinnamon (optional)
- 1 tsp vanilla (optional)
- Cooking oil to grease pan (preferably coconut or olive oil)
- Optional toppings: butter, maple syrup, peanut butter, nuts/seeds, berries, or anything else you would like!

METHOD OF PREPARATION

1. Combine all ingredients in a blender and blend until smooth.
2. Let mixture sit to thicken while heating pan greased with cooking oil on medium temperature.
3. Once pan is hot, pour mixture onto pan in groups of 1/4 cup. [Tip: you will know that the pan is ready to cook on when you flick a drop of water on it and the pan sizzles]
4. Cook pancakes until the edges are dry and they puff up a bit - then flip.
5. Top with your favorite toppings and enjoy!

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NUTRITION INFORMATION

Protein Pancakes

Nutrition Facts

Serving Size: 0.5 × full recipe

Amount Per Serving		% Daily Value*
Calories	518.6 kcal	26 %
Total Fat	24.6 g	38 %
Saturated Fat	8.4 g	42 %
Trans Fat	0 g	
Cholesterol	574.5 mg	192 %
Sodium	488.9 mg	20 %
Total Carbohydrate	34.5 g	11 %
Dietary Fiber	5.5 g	22 %
Sugars	5.4 g	
Protein	38.3 g	77 %
Vitamin A	15 % • Vitamin C	0 %
Calcium	18 % • Iron	21 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com </>

HEALTH BENEFITS

This delicious, high-protein breakfast starts the day off on the right foot by **steadying blood glucose levels**. Stable glucose levels improve **energy**, **focus**, and **mood** throughout the day.





HEALTH BENEFITS

Both cottage cheese and eggs contain all of the body's **essential amino acids**.

References:

Recipe provided by Gabrielle La Chapelle

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