

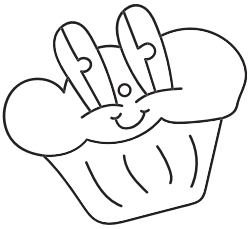
PROTEIN POWER PANCAKES

SERVES: 2 | ESTIMATED COST: \$2.00 | COST PER SERVING: \$1.00

YOU WILL NEED:

- BLENDER
- COOKING OIL
- COOKING PAN
- MEASURING CUPS
- BOWL
- MIXING SPOON
- SPATULA

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- 6 eggs
 - 1 cup cottage cheese
 - 1 cup rolled oats
 - 2 tsp cinnamon (optional)
 - 1 tsp vanilla (optional)
 - Optional toppings (butter, maple syrup, etc.)



Combine all ingredients in a blender & blend until smooth.



Let mixture sit to thicken while heating pan greased with cooking oil on medium temperature.



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 & the pan sizzles.)



Cook pancakes until the edges are dry & they puff up a bit - then flip.



Top with your favorite toppings & enjoy!

