

oatmeal cottage cheese pancakes

MAKES 2 large or 4 medium pancakes

RECIPE ADAPTED FROM: food.com

COOK TIME: 10 minutes

1/2 to 3/4 cup rolled oats, dry

1/2 cup cottage cheese

1 tsp vanilla

2 eggs

Optional Add-Ins

Fresh or frozen blueberries or other fruit

Raisins or other dried fruit without added sugar

Dark chocolate chips

BLEND all ingredients in a food processor.

FOLD in add-ins, if using.

HEAT skillet or griddle to medium heat.

SPRAY with cooking spray or use melted butter, ghee or coconut oil to coat surface.

SCOOP batter on and cook until golden brown on each side.

LET completely cool.

INDIVIDUALLY wrap each pancake in plastic wrap or parchment paper followed by aluminum foil.

PLACE in freezer or store in fridge up to 5 days.

EATING FROM FREEZER: You can move these directly from the freezer to microwave or let them thaw in the fridge overnight.

UNWRAP pancakes from foil or plastic wrap.

PLACE in microwave and cook 1-2 minutes or until heated through.