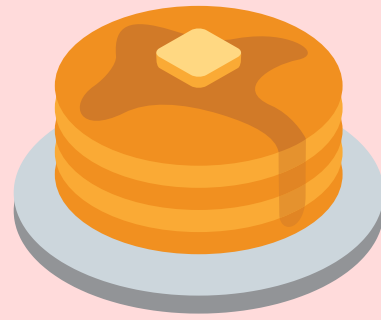


Apple Cinnamon Oat Pancakes

Ingredients

- Large-flake rolled oats 2 cups (500 mL)
- Cottage cheese 1 ½ cups (375 mL)
- Milk ½ cup (125 mL)
- 2 Eggs
- Maple syrup- 1 tablespoon (15 mL)
- Baking powder- 2 teaspoons (10 mL)
- Vanilla extract- 1 teaspoon (5 mL)
- Ground cinnamon -1 teaspoon (5 mL)
- Grated tart apple such as about 2 apples Cortland or Macintosh
- Chopped walnuts (optional) ⅓ cup (75 mL)



Instructions

1. In a blender, combine oats, cottage cheese, milk, eggs, maple syrup, baking powder, vanilla, and cinnamon; purée until smooth. Stir in grated apple and walnuts (if using). Set aside for 10 minutes.
2. Preheat lightly greased non-stick frying pan or griddle over medium heat.
3. Scoop about 1/4 cup (60 mL) batter per pancake into frying pan. Cook for 2 minutes or until bubbles form on top and edges begin to dry.
4. Flip, and cook for 1 to 2 minutes longer, or until puffed and golden, adjusting heat as necessary to prevent over browning. Enjoy warm with toppings of your choice.