

RECIPE OF THE MONTH: Cottage Cheese Banana Oatmeal Protein Pancakes

INGREDIENTS:

- 1/2 cup old-fashioned rolled oats
- 1/2 medium banana
- 1/2 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1 egg
- 1/4 cup low fat cottage cheese
- add ins/toppings: fresh berries, chocolate chips, peanut butter

INSTRUCTIONS:

Step 1: Place all ingredients in a blender and blend until completely smooth (or about 30 seconds).

Step 2: On medium low heat, lightly coat a large skillet or griddle with cooking spray. Drop 1/4 cup of batter onto the skillet. Add desired toppings.

Step 3: Cook until bubbles appear on top. Flip cakes and cook until golden brown on underside.

Step 4: Wipe the skillet clean and repeat with more cooking spray and remaining batter.

Source: <https://www.ambitiouskitchen.com/cottage-cheese-banana-oatmeal-protein-pancakes/>

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