

Blender Pancakes

Containing oats, eggs and cottage cheese, these pancakes are a nutrient-dense start to your day! If you're looking for a no-fuss breakfast option, make these ahead of time and stick them in the freezer. You can then heat in the microwave or toaster oven as needed.

Yields about 20 3" pancakes.

INGREDIENTS

- 3 large eggs
- 1 cup rolled oats
- 1 cup cottage cheese
- 1 1/2 teaspoons baking powder
- 1 1/2 tablespoons maple syrup
- 1 pinch cinnamon
- 1 pinch salt

INSTRUCTIONS

1. Combine all ingredients in a blender and blend until it makes a smooth batter. Let the batter rest for 5-10 minutes.
2. Meanwhile, heat a nonstick skillet or griddle on medium heat and add a light coat of butter, oil or cooking spray.
3. Use a ladle or measuring cup to pour the batter in desired pancake sizes onto the pan or griddle.
4. Let the pancakes cook until browned, then flip until both sides are brown.
5. Serve with syrup or other favorite toppings.

