

U Cookbook PROTEIN-PACKED PANCAKES

Ingredients

240 ml (1 cup) egg whites
225 g (1 cup) cottage cheese (if cottage cheese gives you the creeps, substitute Greek yogurt)
90 g (1 cup) rolled oats
8 g (2 tsp.) sugar
5 ml (1 tsp.) vanilla extract

Optional toppings

Sprinkle of cinnamon
½ banana or a handful of berries
Drizzle of almond butter, fruit spread, Nutella (don't overdo it), or another spread

The egg whites are low in cholesterol and saturated fat, the cottage cheese adds calcium to your diet, and the rolled oats are full of fibre.

Directions

1



Place all of the ingredients (minus the toppings) into a blender. Blend until the mixture is smooth-ish.

2



Heat the frying pan on medium heat with a drizzle of oil or a nonstick spray.

3



Measure out about ¼ cup of the pancake batter and place it on the frying pan. Once the mixture starts to bubble, turn the pancake over. When it's cooked on both sides, move it to a covered dish to keep warm. Keep pancaking until the batter runs out.

4



Stack up the pancakes and serve with sliced banana and almond butter on top—or whatever toppings work for you. Take your pics for Instagram, but don't get so carried away with your artistry that your food gets cold.