



### Cottage Cheese Pancakes



#### **Yield: 4**

In these moist and tender pancakes, the cottage cheese adds quality calcium and protein. Serve with a bit of butter and maple syrup or, for a special treat, top with fig spread.

#### **Ingredients**

1 cup whole wheat flour  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
2 tablespoons unrefined sugar  
4 eggs  
1 cup cottage cheese  
1/2 cup soy or almond milk  
2 tablespoons canola oil  
Canola oil (as needed for skillet/griddle)

#### **Method**

In a large bowl, stir together flour, baking soda, salt and sugar. In a separate bowl, whisk together eggs, cottage cheese, milk and oil. Add flour mixture to egg mixture and whisk until completely blended.

Spread canola oil on a large skillet or a griddle then heat over medium heat. Working in batches, form each pancake by spooning about 1/4 cup of the batter onto the skillet. Cook, flipping pancakes once, until golden brown on both sides and cooked through, about 5 minutes total. Transfer to plates and serve. Drop batter by the quarter cup onto the hot skillet.



**Nutrition**

Per pancake:

350 calories

15g total fat

3.5g saturated fat

34g total carbohydrate (less than 1g dietary fiber)

8g sugar

255mg cholesterol

620mg sodium

19g protein