

Cottage Cheese Pancakes: Fluffy, High-Protein, and Totally Delicious

Cottage Cheese Protein Pancakes



TIME
3 min

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INGREDIENTS

- 2 large eggs
- 1 cup cottage cheese
- 2 tablespoons honey
- 1 cup oats
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract

DIRECTIONS

- 1.** Blend: Add cottage cheese, eggs, honey, oats, baking powder, and vanilla to a blender. Blend until smooth-about 30 seconds.
- 2.** Preheat Skillet: Heat a non-stick skillet or griddle over medium heat. Lightly grease with cooking spray or butter.
- 3.** Cook: Pour small rounds of batter (about 1/4 cup each) into the skillet. Cook for 2-3 minutes per side, until golden brown and cooked through.
- 4.** Serve: Stack and serve warm with your favorite toppings-fresh berries, banana slices, nut butter, or a drizzle of syrup.

SWAPS & NOTES

Cottage cheese: Use full-fat for creamier texture or low-fat to lighten it up.

Oats: Rolled oats work best; quick oats are fine but result in thinner batter.

Honey: Swap with maple syrup or agave if preferred.

Vanilla: Optional, but enhances the natural sweetness.

TIPS FOR SUCCESS

Use a high-speed blender to get a perfectly smooth batter.

Let the batter rest for 5 minutes if it seems thin-it thickens slightly.

Medium heat is key to avoid burning the outside before the inside sets.

Double the batch and freeze for quick breakfasts all week long.

