

Flourless Cottage Cheese Pancakes: A High-Protein, Guilt-Free Breakfast

healthy, protein-packed breakfast



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5 min

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INGREDIENTS

1 cup cottage cheese (full-fat or low-fat)

2 large eggs

$\frac{1}{2}$ cup rolled oats (or oat flour)

1 teaspoon baking powder

$\frac{1}{2}$ teaspoon vanilla extract

$\frac{1}{2}$ teaspoon cinnamon (optional)

1 tablespoon honey or maple syrup (optional, for sweetness)

Pinch of salt

Butter or oil (for cooking)

How to Make Flourless Cottage Cheese Pancakes:

1. Blend the Ingredients:

2. Preheat the Pan:

3. Cook the Pancakes:

4. Serve and Enjoy:

My Best Tips for Perfect Cottage Cheese Pancakes:

Blend for a smooth texture - Blending the oats and cottage cheese together gives the batter a uniform, silky consistency.

Use a nonstick pan - These pancakes are delicate, so a good nonstick skillet ensures they don't stick.

Make them extra fluffy - Let the batter sit for 5 minutes after blending to allow the baking powder to activate.

Customize the flavor - Add mashed bananas, nut butter, or even a handful of chocolate chips for

variety.

What to Serve with Flourless Cottage Cheese

Pancakes:

Fresh berries - Blueberries, strawberries, or raspberries add natural sweetness.

Greek yogurt - A dollop of yogurt makes them even creamier.

Drizzle of honey or maple syrup - For a little extra sweetness.

Nut butter - Almond or peanut butter adds healthy fats and flavor.

Chopped nuts - Walnuts or almonds give a crunchy texture.

FAQs:

DIRECTIONS

1. **Blend the Ingredients:** In a blender or food processor, combine the cottage cheese, eggs, oats, baking powder, vanilla, cinnamon, honey (if using), and salt. Blend until smooth and well combined. The batter should be slightly thick but pourable.
2. **Preheat the Pan:** Heat a nonstick skillet or griddle over medium heat. Lightly grease with butter or oil.
3. **Cook the Pancakes:** Pour small rounds of batter onto the skillet (about ... cup per pancake). Cook for 2-3 minutes until bubbles form on the surface and the edges start to set. Flip and cook for another 1-2 minutes until golden brown.
4. **Serve and Enjoy:** Transfer the pancakes to a plate and serve warm with your favorite toppings.
5. **My Best Tips for Perfect Cottage Cheese Pancakes:** Blend for a smooth texture - Blending the oats and cottage cheese together gives the batter a uniform, silky consistency.
6. **Use a nonstick pan** - These pancakes are delicate, so a good nonstick skillet ensures they don't stick.
7. **Make them extra fluffy** - Let the batter sit for 5 minutes after blending to allow the baking powder to activate.
8. **Customize the flavor** - Add mashed bananas, nut butter, or even a handful of chocolate chips for variety.
9. **What to Serve with Flourless Cottage Cheese Pancakes:** These pancakes are delicious on their own, but here are some great topping ideas:
10. **Fresh berries** - Blueberries, strawberries, or raspberries add natural sweetness.

11. Greek yogurt - A dollop of yogurt makes them even creamier.
12. Drizzle of honey or maple syrup - For a little extra sweetness.
13. Nut butter - Almond or peanut butter adds healthy fats and flavor.
14. Chopped nuts - Walnuts or almonds give a crunchy texture.
15. FAQs: Can I make these pancakes ahead of time?Yes! Cook the pancakes and store them in an airtight container in the fridge for up to 3 days. Reheat in a pan or microwave before serving.
16. Can I freeze cottage cheese pancakes?Absolutely! Let them cool completely, then freeze in a single layer on a baking sheet. Once frozen, transfer to a zip-top bag and freeze for up to 3 months. Reheat in the microwave or toaster.
17. Can I make these pancakes dairy-free?If you need a dairy-free option, substitute the cottage cheese with dairy-free yogurt or mashed bananas, but the texture may be slightly different.
18. These : Flourless Cottage Cheese Pancakes are light, protein-packed, and full of flavor, making them an ideal breakfast for busy mornings or a nutritious post-workout meal.
19. Give them a try and let me know how they turn out!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/flourless-cottage-cheese-pancakes-a-high-protein-guilt-free-breakfast/>