

## High-Protein Cottage Cheese Pancakes (Fluffy & Easy)

CrŒpes au Fromage Cottage (Tendance ProtŒinŒe)



**TIME**  
**10 min**

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**SOURCE**  
**ChefManiac**

### INGREDIENTS

- 1 cup cottage cheese
- 3 large eggs
- $\frac{1}{2}$  cup rolled oats or oat flour
- 1 teaspoon vanilla extract
- 1-2 tablespoons honey or maple syrup (optional)
- $\frac{1}{2}$  teaspoon baking powder
- Pinch of salt
- Butter or coconut oil (for cooking)

### DIRECTIONS

1. Prepare the Batter: In a bowl, mix:
2. Cottage cheese
3. Eggs
4. Vanilla extract
5. Honey or maple syrup (if using)
6. In a separate bowl, combine:
7. Oats or oat flour
8. Baking powder
9. Salt
10. Stir the dry ingredients into the wet mixture until just combined. The batter will be slightly lumpy due to the cottage cheese - that's perfectly normal.
11. Cook the Pancakes: Heat a non-stick skillet or griddle over medium heat.
12. Lightly grease with butter or coconut oil.
13. Pour about  $\frac{1}{4}$  cup of batter per pancake onto the pan.
14. Cook for 2-3 minutes, until bubbles form and the edges look set.
15. Flip carefully and cook another 1-2 minutes until golden and cooked through.
16. Serve: Stack pancakes on a plate and top with:
17. Fresh berries
18. Greek yogurt
19. Nut butter
20. Maple syrup drizzle
21. Serve immediately for a warm, protein-packed breakfast.

## SWAPS & NOTES

**& Variations Use Oat Flour:** If you prefer smoother pancakes, blend rolled oats into oat flour before mixing.

**Blender Option:** For ultra-smooth batter, blend everything together instead of mixing by hand.

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

Original recipe: <https://chefmaniac.com/high-protein-cottage-cheese-pancakes-fluffy-easy/>

**Add Protein Boost:** Stir in chia seeds or hemp seeds.

**Make Them Gluten-Free:** Ensure your oats are certified gluten-free.