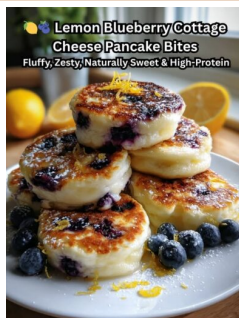


Lemon Blueberry Cottage Cheese Pancake Bites: Easy High-Protein Breakfast

Lemon Blueberry Cottage Cheese Pancake Bites



TIME
2 to 3 min

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INGREDIENTS

- 1 cup cottage cheese
- 2 large eggs
- 1/2 cup oat flour, or almond flour for a low-carb option
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- Zest of 1 lemon
- 1 to 2 tablespoons honey or maple syrup, optional
- 1/2 cup blueberries, fresh or frozen
- Pinch of salt
- Cooking spray or a little butter, for the pan

DIRECTIONS

- 1.** Make the batter: In a medium bowl, whisk together the cottage cheese, eggs, vanilla extract, honey or maple syrup if using, and lemon zest until smooth and creamy.
- 2.** Add the dry ingredients: Add the oat flour, baking powder, and a pinch of salt. Stir until the batter is fully combined.
- 3.** Fold in the blueberries: Gently fold in the blueberries, being careful not to overmix. This helps keep the berries intact and the batter light.
- 4.** Heat the pan: Place a non-stick skillet over medium heat and lightly grease it with cooking spray or a little butter.
- 5.** Cook the pancake bites: Drop small spoonfuls of batter into the skillet to form mini pancakes. Cook for 2 to 3 minutes per side, or until golden and cooked through.
- 6.** Serve warm: Serve the pancake bites warm, stacked or spread on a plate. Drizzle with extra honey or maple syrup if desired.

SWAPS & NOTES

This recipe is easy to adapt depending on your dietary preferences and what you have on hand.

Cottage cheese: Full-fat or low-fat both work well.

Cottage cheese gives these bites their soft texture and extra protein.

Oat flour: A great choice for a hearty, wholesome texture.

TIPS FOR SUCCESS

One of the best things about this recipe is how forgiving it is, but a few simple tips help ensure the best texture.

First, cook the pancakes over medium heat rather than high.

That gives the centers enough time to cook through while the outsides turn golden without burning.

If you're using frozen blueberries, there's no need to thaw them first.

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