

Naturally Sweet, Protein-Packed, and Totally Satisfying-These Pancakes Hit Every Note

Fluffy Banana Cottage Cheese Pancakes



TIME
5 mins

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INGREDIENTS

You'll Need (Makes about 6 small pancakes | Prep Time: 5 mins | Cook Time: 10 mins)

DIRECTIONS

1. Step-by-: Step)
2. Mix the : Batter
3. In a medium mixing bowl, I mash the banana until smooth. Then I whisk in the cottage cheese, eggs, vanilla extract, and cinnamon until well combined. Once the wet ingredients are mixed, I stir in the oat flour, baking powder, and a pinch of salt until a thick but scoopable batter forms.
4. If the batter feels too thick, I add a splash of milk. If too runny, a spoonful more oat flour usually does the trick.
5. Cook the : Pancakes
6. I heat a non-stick skillet or griddle over medium-low heat and add a little butter or coconut oil. Once hot, I scoop about ... cup of batter per pancake onto the surface.
7. They take about 2-3 minutes on the first side-bubbles will form and the edges will set-then another 1-2 minutes on the second side until they're puffed and golden.
8. I work in batches and keep the cooked ones warm under foil until I'm ready to serve.
9. Step 3: Toppings and Serving
10. Here's where the fun begins. These pancakes are delicious on their own, but I love dressing them up:
11. Classic combo
12. : Banana slices, drizzle of honey, and a dollop of Greek yogurt.
13. Berry burst
14. : A handful of fresh blueberries or strawberries and a

spoonful of chia jam.

15. Nutty touch
16. : Chopped pecans or walnuts with a dusting of cinnamon.
17. Indulgent moment
18. : A little peanut butter, dark chocolate chips, or maple syrup for a treat.
19. Why I : Keep Making These
20. These banana cottage cheese pancakes check all my boxes:
21. They're kid-friendly and husband-approved.
22. I can make a double batch on : Sunday and freeze half for weekday breakfasts.
23. They're balanced enough for a pre-workout meal, yet cozy enough for a weekend brunch with coffee and slippers.
24. Variations I've Tried
25. Add blueberries

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