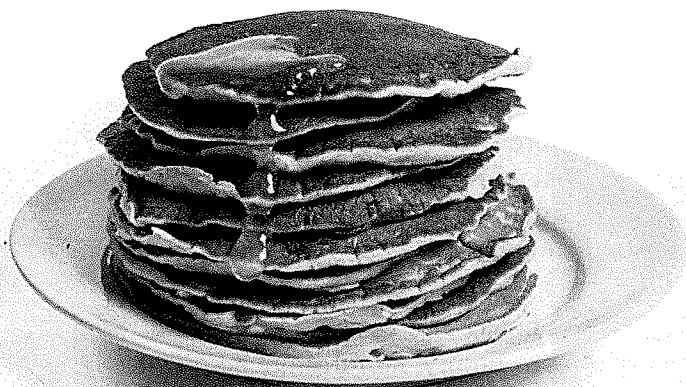


LO-CARB, HIGH PROTEIN, COTTAGE CHEESE PANCAKE RECIPE



Ingredients

- 1/2 cup cottage cheese
- 1/3 cup uncooked rolled oats
- 3 eggs
- Pinch of salt and/or tsp of honey or syrup (optional)

Instructions

1. Use a blender to mix all the ingredients.
2. Put the rolled oats in the blender and whirl until you make a fine powder.
3. Add the cottage cheese, eggs & optional salt/sweetener. Mix until smooth.
4. Heat your pan or griddle on medium low to medium and coat with a little oil.
5. Drop batter in/on a pan or griddle leaving a little room between pancakes. Flip with a spatula once bubbles start to appear. Cook until both sides are golden brown.
6. Enjoy with butter, honey, maple syrup, jam, yogurt or whatever!