

Power Pancake:

- 1/3 c. oatmeal
- 1/3 c. cottage cheese
- 3 eggs OR 1 whole egg + 4 egg whites
- 2 T. avocado or melted coconut oil (can be omitted)
- ½ tsp baking powder
- ¼ tsp salt
- ½ tsp vanilla extract
- Cooking spray, butter, avocado or coconut oil



Cooking Instructions:

1. Preheat a medium sized pan on medium heat.
2. Place all ingredients in a food processor/magic bullet/blender and blend until smooth.
3. Add cooking spray or 1 tsp or so of oil/butter to your pan and pour about 1/3 to ½ cup batter into pan.
4. Let slow cook until small bubbles begin to form.
5. Use a large spatula to quickly flip the pancake (the batter is delicate so use care in this process).
6. Cook for an additional minute.
7. Continue making pancakes with the remainder of the batter.

Topping Ideas:

- 100% Pure Maple Syrup
- Honey,
- Peanut Butter
- Jelly
- Cream Cheese

Pancake addition ideas:

- Add a few chocolate chips to the batter while cooking.
- Sprinkle cinnamon, diced apples, chopped pecans or walnuts to the batter while cooking.

Pumpkin pancake version:

- Add 1/3 c. pumpkin puree + ½ tsp cinnamon and ½ tsp pumpkin pie spice to batter before blending.
- Can also add chocolate chips while cooking.

****Triple the recipe to feed a larger group. Pancakes also freeze and reheat well.**