





## COTTAGE CHEESE PANCAKES (BREAKFAST)

 1 serving  10 minutes

### INGREDIENTS

2 tbsp cottage cheese  
(low fat or normal)  
1 heaped tbsp plain  
flour  
2 tbsp quick cook oats  
1 tsp baking powder  
1 medium egg  
Zest of 1/2 lemon  
Sweetener of choice, I  
used a few drops of  
vanilla sweetener.

### DIRECTIONS

1. Simply mix all the ingredients together. If you don't want the cottage cheese consistency/chunks simply blend all together. Leave to sit for 5 minutes to firm up.
2. Heat a nonstick frying pan over a low/medium heat, spoon the mix to form small equal sized pancakes. Making them small helps with flipping!
3. Cook for 3 minutes (don't burn, then put the heat down if needed). Flip and cook the other side for 2-3 more minutes. They should feel light and springy to touch.
4. Pair with nut butter, honey or maple syrup and fresh fruits for the perfect high protein breakfast.