High-Protein Cottage Cheese Pancakes Recipe

**SERVINGS: 4 pancakes**

**INGREDIENTS**

⅓ cup all-purpose flour  
½ tsp baking soda  
1 cup low-fat cottage cheese  
½ tablespoons canola oil  
3 eggs, lightly beaten

**DIRECTIONS**

1. Combine flour and baking soda in a small bowl.
2. Combine remaining ingredients in a large bowl.
3. Pour flour mixture into cottage cheese mixture and stir until just incorporated.
4. Heat a large skillet over medium heat, coat with cooking spray.
5. Pour ? cup portions of batter onto skillet and cook until bubbles appear on the surface.
6. Flip and cook on the other side until brown.
7. Serve with low calorie syrup. (Try Walden Farms.)

**NUTRITIONAL ANALYSIS PER SERVING**  
Serving Size: 1 pancake  
Calories: 152  
Carbohydrate: 10 g  
Fat: 7 g  
Protein: 13 g  
Sodium: 385 mg  
Sugar: 2 g