Peanut Butter and Jelly Pancakes

**SERVINGS: 4**

**INGREDIENTS**

½ cup low-fat cottage cheese  
½ cup instant oatmeal  
2 tablespoons powdered peanuts  
4 large egg whites  
1 cup frozen mixed berry blend

**DIRECTIONS**

1. Put Items in a blender in this order: cottage cheese, oatmeal, powdered peanuts and egg whites.
2. Turn on blender and blend until smooth like pancake batter.
3. Pour into a bowl and fold in berry fruit mix.
4. Use cooking spray in skillet. Makes 4 to 7 pancakes depending on size.

**NUTRITIONAL VALUES**

Serving size: 1 pancake  
Calories: 90  
Fat: 1.5 grams  
Cholesterol: 1 milligrams  
Sodium: 195 milligrams  
Carbohydrates: 9 grams  
Dietary Fiber: 1.5 grams  
Sugar: 1 grams  
Protein: 10 grams