

High Protein Pancakes

Ingredients

4 eggs

½ cup whole wheat flour

1 cup creamed cottage cheese (can be lowfat or regular)

½ cup milk

1 tsp vanilla

Directions

Blend all ingredients in blender or with electric mixer for one minute. Recipe can be doubled in some blender jars or if using an electric mixer. Cook as per regular pancakes on a greased griddle or non-stick pan. Pancake batter is thin, a small amount of additional flour may be added if necessary. Makes enough for 3-4 people and these pancakes reheat wonderfully in the microwave.