

USA: Cottage Cheese Protein Pancakes

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: 2

Calories: ~300 kcal per serving

Ingredients

- ½ cup cottage cheese (small curd, low-fat)
- ½ cup rolled oats
- 2 large eggs
- 1 small banana (ripe)
- ½ tsp baking powder
- ¼ tsp cinnamon
- 1 tsp vanilla extract
- Pinch of salt
- Olive oil or butter for cooking
- Fresh fruit or maple syrup for topping (optional)

Instructions

1. Add cottage cheese, oats, eggs, banana, baking powder, cinnamon, vanilla, and salt to a blender.
2. Blend until smooth and thick.
3. Heat a non-stick skillet over medium heat and lightly grease with oil or butter.
4. Pour small scoops of batter and cook 2–3 minutes per side until golden brown.
5. Serve warm with fruit, yogurt, or a drizzle of honey or maple syrup.

Nutrition Facts (Per Serving)

- Calories: 300 kcal
- Protein: 24 g
- Carbohydrates: 28 g
- Fat: 10 g
- Fiber: 3 g
- Calcium: 15% DV
- Potassium: 10% DV

Health Benefits

Cottage Cheese Protein Pancakes are packed with slow-digesting casein protein that supports muscle recovery, balances blood sugar, and keeps you full longer. Oats provide fiber for digestion, and banana adds natural sweetness without refined sugar.

Tips

- Use a non-stick skillet to avoid burning and keep texture light.
- Replace banana with apple puree for a lower-sugar option.
- Top with Greek yogurt and berries for extra protein.
- Make a double batch and freeze; they reheat perfectly in a toaster.