



P R O T E I N P A N C A K E R E C I P E

Ingredients:

- 1 cup rolled oats
- 1/2 tsp baking powder
- 1 pinch of salt
- 1/2 cup cottage cheese (good culture)
- 2 eggs
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- 1/8 cup coconut milk
- 1 lemon zested
- 2/3 cup fresh blueberries
- 1 scoop (approx. 25g) vanilla or unflavored protein powder
- Almond butter (to taste, for topping)



Instructions:

1. Blend the oats: Place the rolled oats in a blender or food processor and blend until they resemble a fine flour.
2. Mix dry ingredients: In a medium bowl, combine the oat flour, protein powder, baking powder, and a pinch of salt. Set aside.
3. Combine wet ingredients: In a separate bowl, whisk together the cottage cheese, eggs, vanilla extract, maple syrup, coconut milk, and lemon zest.
4. Combine everything: Gradually add the dry ingredients to the wet mixture, stirring until well combined. The batter should be thick but pourable.
5. Fold in blueberries: Gently fold the fresh blueberries into the batter.
6. Cook the pancakes: Heat a lightly greased pan or griddle over medium heat. Pour 1/4 cup of batter onto the hot pan for each pancake. Cook for 2-3 minutes on each side, until golden brown and cooked through.
7. Serve: Stack the pancakes on a plate and top with almond butter to taste. You can also add more maple syrup, blueberries, or lemon zest if desired.
8. Enjoy your protein-packed lemon blueberry pancakes!