



Blueberry Cottage Cheese Pancakes

Servings 4 | Prep time 10 mins | Total time 15 mins.

Equipment: Medium bowl, Large bowl, Frying pan

Utensils: 2 stirring spoons, Ladle or measuring cup, Flipping spatula, Measuring cups and spoons

Ingredients

2 large eggs

3/4 cup 2% low-fat cottage cheese

1/2 cup low-fat milk

1 cup whole wheat flour

1 teaspoon baking soda

2 teaspoons sugar

1 1/2 teaspoons cinnamon

12 ounces frozen blueberries, thawed (with liquid)

Non-stick spray

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruit.
2. In a medium bowl, stir together eggs, cottage cheese, and milk.
3. In a different large bowl, stir together the flour, baking soda, sugar and cinnamon. Pour the egg mixture into the flour mixture. Stir just until moistened but no flour is visible. Do not overmix.
4. Gently mix in the blueberries with the liquid into the batter.
5. Lightly spray frying pan with non-stick spray. Heat over medium-high heat. Using a ladle or measuring cup with spout, pour 1/4 cup of batter onto frying pan for each pancake. Cook for 3-4 minutes or until bubbles form on top of pancake, and edges look lightly cooked. Turn over pancake.
6. Reduce the heat to medium low. Cook for 3 minutes more or until other side of pancake is golden brown and cooked through. Repeat steps 4 and 5 to make more pancakes using the remaining batter.

Nutritional Information:

Calories 250 Total Fat 5g Sodium 490mg Total Carbs 40g Protein 13g