

## **Cottage Cheese Pancakes**

1/2 cup fat free cottage cheese  
4 egg whites  
1/2 cup old fashioned oats  
1 tsp vanilla extract or maple flavoring (optional)

Place all ingredients in blender and blend until smooth. Spray a non-stick cooking pan with cooking spray and preheat on a medium setting. Pour mixture onto heated pan to make desired sized pancakes. Cook until small bubbles form and then flip and continue cooking until browned. Serve with sugar free syrup. Makes 2 servings.

Nutritional information per serving: 149 calories, 18 grams protein, 2 grams fat, 16 grams carbohydrate, 305 mg sodium.