

# Cottage Cheese Pancakes

If your kids love bread, but you worry about them getting protein, give these pancakes a try! The cottage cheese and eggs add protein and calcium.

## Ingredients

- 3 eggs
- 1 cup cottage cheese (small curd is best here, but any kind will work)
- 1 teaspoon vanilla extract
- 2 Tablespoons white sugar
- ½ cup whole wheat flour
- ½ teaspoon baking powder
- ¼ teaspoon salt

## Instructions

1. Place all ingredients in a blender and blend until combined, about 30 seconds. Scrape the sides to ensure that all the flour has been added and blend again about 5 seconds. If you don't have a blender, just put all ingredients in a mixing bowl and stir until well combined.
2. Heat a skillet on the stove over medium high heat. If you have an electric griddle, heat it to 400 degrees.
3. Grease the pan with butter, oil or nonstick cooking spray. Pour about ¼ cup pancake batter onto the pan.
4. Use a spoon or spatula to spread the batter out to make a thin pancake. This will help them cook better in the middle. Cook until bubbles form. If you did not use a blender in step 1, you might want to make the pancakes smaller so that they will be easier to turn.
5. Turn pancakes when bubbles form and pop on the surface and the pancakes are brown on the bottom. Cook on the other side until the pancakes are cooked through the middle. You will have to test one to see when they are done. It should take about 3 minutes on each side.
6. If the pancakes are burning before they are cooked in the middle, turn down the heat.
7. Serve immediately.

