

# 3 Ingredient Cottage Cheese Pancakes

Out of milk but want pancakes? Give this recipe a try. The cottage cheese adds protein for little growing bodies.

Makes 10 pancakes

Takes 10 minutes

## Ingredients

3 eggs

1 cup cottage cheese (small curd is best here, but any kind will work)

$\frac{1}{3}$  cup whole wheat flour

## Instructions

1. Crack eggs into a bowl and beat well. Add in flour and cottage cheese. Mix until well combined.
2. Heat a skillet on the stove over medium high heat. If you have an electric griddle, heat it to 350 degrees.
3. When the pan is hot, grease the pan with butter, oil or nonstick cooking spray. Pour about  $\frac{1}{4}$  cup pancake batter onto the pan.
4. Cook until bubbles form.
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 if 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. These take longer to cook through than other pancakes.
7. Serve immediately.
8. If you want more flavor, next time add  $\frac{1}{4}$  tsp salt and  $\frac{1}{2}$  tsp cinnamon.

