

Cottage Cheese Pancakes

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Servings: 4

Preparation Time: 5 minutes

Start to Finish Time: 15 minutes

1 cup cottage cheese

1/3 cup all-purpose flour

2 tablespoons canola oil

3 eggs, lightly beaten

2 tablespoons sugar

1/8 teaspoon salt

cooking spray

maple syrup (for topping)

butter (for topping)

sliced fresh strawberries (for topping)

In a blender, combine the cottage cheese, flour, oil, eggs, sugar and salt. Blend until smooth. Thin slightly with water, if necessary.

Preheat a griddle pan on medium heat. Coat with cooking spray.

Pour the batter onto the pan, using 1/3 cup per pancake. (Makes about 8 pancakes.)

Cook until bubbles appear. Flip and cook until golden.

Serve with toppings.

Per Serving (excluding unknown items): 177 Calories; 11g Fat (54.3% calories from fat); 6g Protein; 14g Carbohydrate; trace Dietary Fiber; 159mg Cholesterol; 117mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat; 1/2 Other Carbohydrates.