



# ***Cottage Cheese Pancakes***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

1 cup low fat cottage cheese  
2/3 cup whole wheat flour  
1/3 cup oatmeal  
2 teaspoons baking powder  
2 whole eggs, slightly beaten  
1/4 cup skim milk  
3 tablespoons amber agave nectar (or 1/4 cup honey)  
1 teaspoon vanilla extract

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## ***Directions***

Mix cottage cheese, flour, oatmeal, baking powder, eggs, milk, agave nectar (or honey) and vanilla in a large bowl. Heat large nonstick skillet over medium heat. Brush with oil. Spoon batter onto skillet by 1/3 cup portions. Cook pancakes until bottoms are golden and bubbles form in the middle, at least 3 minutes. Turn. Cook until bottoms are golden and pancakes are cooked through, at least 3 minutes more. Serve topped with berries and maple syrup. Enjoy!!