

Soft, fluffy, slightly tangy and fudgy, these pancakes are incredibly addictive. They're simple to make and the mixture can be blended until smooth if you prefer not to have little chunks of cottage cheese. Top with nut butter, maple syrup and berries for a filling, balanced and delicious start to the day.

Cottage Cheese and Oat Protein Pancakes

SERVES 1
Under 209kcal,
12g protein per serving

FOR THE PANCAKES
2 heaped tablespoons cottage cheese (low fat or regular)
1 heaped tablespoon plain (all-purpose) flour
2 tablespoons rolled oats
1 teaspoon baking powder
1 medium free-range egg
Zest of ½ lemon
1 teaspoon sugar or sweetener of choice

TO SERVE (OPTIONAL)
Nut butter
Honey or maple syrup
Yogurt and berries

Combine the pancake ingredients in a blender and pulse until smooth, but don't over-blend. Let the mixture sit for 5 minutes to firm up.

Heat a nonstick frying pan over a low-medium heat and add a little butter or oil if needed. Spoon tablespoons of the mixture into the hot pan, to form small, equal-sized pancakes. Making them small helps with flipping.

Cook for 3 minutes, then flip and cook the other side for 2–3 minutes until they feel light and springy to the touch.

Pair with nut butter, honey or maple syrup, a dollop of yogurt and fresh berries for the perfect high-protein breakfast.

