

Gobble Up Protein Packed Pancakes That Will Keep You Going

Breakfast is the most important meal of the day. It revs you up for work, school or whatever your day may bring you. These Oatmeal Cottage Cheese Pancakes are a delicious start to your day and will not only provide you with the protein your body needs but also will keep you feeling full longer. They'll help reduce cholesterol levels, maintain lean muscle and provide many other important dietary needs. Get your protein in a scrumptious way!

Oatmeal Cottage Cheese Pancakes

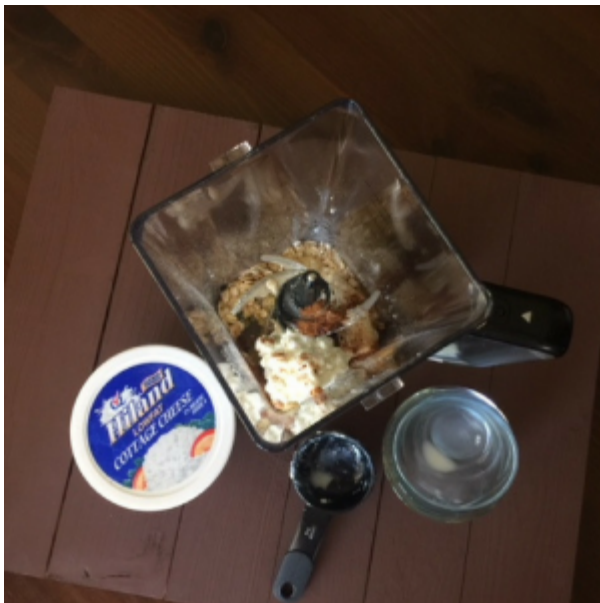


Ingredients:



- 1/2 cup old-fashioned rolled oats (or try gluten-free oats)
- 1/2 medium banana
- 1/2 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 2 large egg whites
- 1/2 cup [Hiland Dairy Lowfat Cottage Cheese](#)
- 2 tablespoons [Hiland Dairy Vanilla Unsweetened Almond Milk](#)
- 2 tablespoons [Hiland Dairy Butter](#)

Place all ingredients except the butter into a blender and blend until smooth, about 30 seconds.



Melt butter in a nonstick skillet over medium heat. Using a 1/4 measuring cup, drop batter onto skillet.



Cook until bubbles appear on top, and flip over until golden brown.

Serve warm with your favorite fruit, a drizzle of maple syrup and a glass of farm-fresh [Hiland Dairy Milk!](#)

Diva's Tip:

Visit [Hiland Dairy's website](#) for additional protein-packed products you can substitute in this recipe.



[~The Dairy Diva](#)