



Northeast Georgia Medical Center

BARIATRIC WEIGHT LOSS CENTER



High Protein Pancakes

Serving Size: $\frac{1}{2}$ cup batter

Number of servings: 4

Ingredients:

- $\frac{1}{3}$ cup all-purpose flour
- $\frac{1}{2}$ tsp baking soda
- 1 cup low-fat cottage cheese
- $\frac{1}{2}$ tablespoons canola oil
- 3 eggs, lightly beaten



Steps:

1. Using a food processor, blend the cottage cheese until it has a very smooth consistency.
2. Combine flour and baking soda in a small bowl.
3. Combine remaining ingredients in a large bowl.
4. Pour flour mixture into cottage cheese mixture and stir until just incorporated.
5. Heat a large skillet over medium heat, coat with cooking spray.
6. Pour ½ cup portions of batter onto skillet and cook until bubbles appear on the surface (~4 min).
7. Flip and cook on the other side until brown. Serve with sugar free syrup or top with any flavored Greek yogurt and berries.

Nutrition Facts (per serving):

Calories: 152, Protein: 13g, Fat: 7g, Carbohydrates: 10g, Sugar: 2g, Sodium: 385 mg

Recipe adapted from: <https://www.froedtert.com/bariatric-surgery/recipes/cottage-cheese-high-protein-pancakes>