

RECIPE

# Blueberry Walnut Pancakes



Ready in **10 minutes**

Serves **1 person**

**340 Calories**

**28g Protein**

**37g Carbohydrates**

**9g Fat**

## Ingredients

- ¼ cup raw blueberries
- ½ cup dry old fashioned oats
- ½ cup egg whites
- ¼ cup 1% cottage cheese
- ¼ tsp baking powder
- 1 tsp chopped walnuts

## Preparation

1. In a blender, combine oatmeal, egg whites, and cottage cheese and blend until smooth. Add baking powder and blend briefly. Stir in walnuts by hand.
2. Coat a medium nonstick pan with cooking spray and heat over low heat. Pour pancake batter into pan; sprinkle blueberries on top. Flip the pancake and cook for a few minutes on the other side.
3. Repeat process with remainder of batter.

## Tips

These pancakes freeze and reheat well. Make them in bulk to have a healthy breakfast in seconds on a busy morning!