



Blueberry Walnut Pancakes

🕒 15 MINS | 🍴 1 SERVINGS

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INGREDIENTS

1/4 cup Blueberries	1/4 cup 1% Cottage Cheese
1/2 cup Old Fashioned Oats	1 tablespoon Baking Powder
1 cup Egg Whites	1 tablespoon Chopped Walnuts

NUTRITION INFORMATION PER SERVING

Calories 408kcal	Sodium 611mg
Carbs 45g	Fiber 5.6g
Protein 40g	Added Sugar 3.5g
Total Fat 9.1g	Fruits 0.28 servings
Saturated Fat 1.27g	Vegetables 0 servings

Method

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 pancakes and cook for a few minutes on the other side.
3. Repeat the process with the remainder of the batter.
4. Tips: These pancakes freeze and reheat well. Make them in bulk to have a healthy breakfast in seconds on a busy morning.

