

PROTEIN PANCAKES

Ingredients

- ½ cup uncooked oatmeal
- ½ cup Fiber One cereal
- ½ cup low fat cottage cheese
- 6 egg whites
- 1 tsp vanilla
- 1 tsp sugar free maple syrup
- A few dashes of cinnamon
- 1 tsp baking powder

Directions

1. Put oatmeal, Fiber One and baking powder in a food processor and pulse until you have a fine powder.
2. Add cottage cheese, egg whites, vanilla, and cinnamon and mix until everything is well blended.
3. Heat a large nonstick sauté pan or griddle over a medium heat and spray with nonstick cooking spray. Scoop ¼ cup of batter and drop into the pan. Add as many pancakes fit without crowding into the pan.
4. Cook until the edges of the batter begin to bubble and then flip and cook another two minutes (or until cooked through) on the opposite side.
5. Top with chopped fruit and sliced almonds... enjoy!!

Yields: 2 pancakes

Calories: 230

Fat: 4 g

Protein: 22 g

Carb: 31 g

RECIPES



For eating well
after bariatric
surgery

Healthy topping ideas:

- Cook fresh or frozen strawberries, blueberries and blackberries on the stove with 2 tsp. of water and Splenda if desired and spoon hot on the pancakes.
- Spread 1-2 Tbsp. of peanut or almond butter and all fruit jam between two pancakes and eat like a sandwich.
- Top with ¼ cup unsweetened applesauce, 1 tsp. sugar-free maple syrup and cinnamon to taste.



To view more recipes or submit your own, visit
www.muschealth.com/weightlossurgery