



PROTEIN PANCAKES

February 28

National Pancake Day

INGREDIENTS

- 1 Cup Old-Fashioned Rolled Oats
- 1 Medium Banana
- 1 Teaspoon Vanilla Extract
- 2 Teaspoons Baking Powder
- 1 Teaspoon Cinnamon
- 1 Egg
- ¼ Cup Low Fat Cottage Cheese

DIRECTIONS

1. Place all ingredients in a blender and blend until completely smooth, about 30 seconds.
2. Lightly coat a large nonstick skillet or griddle nonstick cooking spray and heat over medium low heat.
3. Drop batter by ¼ cup onto skillet.
4. Cook until bubbles appear on top. Flip cakes and cook until golden brown on underside.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

8 Pancakes

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Pancake	½ Pancake	1 Pancake	2 Pancakes