Double Berry Protein Pancakes

NIBBLEDISH CONTRIBUTOR

Ingredients

1/2 Cup of Oats
1/2 Cup of Cottage Cheese
2 Tbsp Flax Meal
1 Scoop Protein Powder (Strawberry, Chocolate, or Vanilla)
3 Whole Omega 3 Eggs
2 or 3 Liquid Egg Whites (To preferred consistency)

Optional:
1/2 Cup of Fruit (Any type of Berry, Apples, Banana etc)

Biotest Protein is a high quality blend and it tastes great. Get it at www.t-nation.com.

Instructions

This is a recipe I found online a couple different places. I made a couple modifications.

First, dump your ingredients into a mixing bowl and... you guessed it! Mix!

Second, add your fruit if you wish. I think if you added something like chopped walnuts or almonds that would be good too. For the picture above, I added 1/4 cup of strawberries and 1/4 blueberries. I also used strawberry protein powder.

If you think the batter is too thick, add liquid egg whites until you get it to your preference.

Lastly, get your pan ready and pour batter into the pan. I use a 1/3 cup for each p-

cake. Seems to be a good measure.

I usually just add a little butter and scarf them down. Feel free to add some syrup, sugar free or whatever.