Prep Time: 5 minutes
Cook Time: 10 minutes
Total Time: 15 minutes

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Ingredients

- ½ cup rolled oats (or quick oats)
- ½ cup full-fat or low-fat cottage cheese
- 1 ripe medium banana
- 2 large eggs

- 1 tsp vanilla extract
- ½ tsp baking powder
- ¼ tsp salt
- ¼ tsp ground cinnamon (optional)
- Coconut oil or butter, for greasing the pan

For Serving (Optional):

- Fresh berries
- Sliced banana
- Maple syrup or honey
- A dollop of Greek yogurt
- Nut butter

Equipment

- Blender or food processor
- Non-stick skillet or griddle
- Spatula
- Measuring cups and spoons

Instructions

Step 1: Prepare the Batter (Time: 2 minutes | Intensity: Low)

Combine all the batter ingredients—the rolled oats, cottage cheese, banana, eggs, vanilla extract, baking powder, salt, and cinnamon—in a blender or food processor. Blend on high for about 45-60 seconds, or until the mixture is completely smooth and creamy. The batter should have a pourable consistency. If it seems too thick, you can add a tablespoon of milk or water to thin it out.

Step 2: Preheat the Pan (Time: 1 minute | Intensity: Low)

Place your non-stick skillet or griddle over medium heat. Allow it to heat up for a minute or two. It’s important not to have the heat too high, as the pancakes can burn on the outside before they are cooked through. Lightly grease the pan with a small amount of coconut oil or butter.

Step 3: Cook the Pancakes (Time: 4-5 minutes per batch | Intensity: Medium)

Pour about ¼ cup of the batter onto the preheated skillet for each pancake. Use the back of a spoon to gently spread the batter into a 3-4 inch circle if needed. Cook for 2-3 minutes on the first side. You'll know it's time to flip when small bubbles begin to form on the surface and the edges look set. This is a key moment—these pancakes are more delicate than traditional flour pancakes, so be gentle.

Carefully slide your spatula under the pancake and flip it. Cook for another 1-2 minutes on the second side, until golden brown and cooked through. Transfer the finished pancakes to a plate and keep them warm. Repeat with the remaining batter, greasing the pan as needed.

Step 4: Serve and Enjoy (Time: 1 minute | Intensity: Low)

Serve your Cottage Cheese Banana Oatmeal Protein Pancakes immediately while they are hot. Top them with your favorite toppings like fresh berries, a drizzle of maple syrup, or a sprinkle of nuts. Enjoy!

Recipe Notes & Tips

- Make it a Smooth Batter: Using a blender is the best way to ensure the oat flour is fine and the cottage cheese is completely smooth. If you don't have a blender, you can use pre-ground oat flour and mash the banana well, but the texture will be slightly different.

- Don't Overmix: If you are using a food processor, be sure to scrape down the sides and pulse until just combined. Over-blending can make the pancakes a bit tough.

- Low and Slow: The key to perfectly cooked protein pancakes is a steady, medium-low heat. This allows the inside to cook without the outside burning.

- Make Them Thicker: If you prefer a thicker pancake, add 1-2 tablespoons of additional oats to the batter.

Nutritional Information (Estimated)

Nutritional values are an estimate and will vary based on the specific ingredients you use.

Serving Size: 1 full recipe (all pancakes)
Calories: 460 kcal
Protein: 28g
Carbohydrates: 55g
Dietary Fiber: 7g
Sugars: 16g (natural from banana)
Fat: 14g
Saturated Fat: 5g
Cholesterol: 375mg
Sodium: 800mg
Potassium: 650mg