

High Protein Cottage Cheese Pancakes

Prep: 5 minutes • Cook: 10 minutes

Fluffy, cinnamon-kissed pancakes made with blended cottage cheese and Greek yogurt for a tender, souffle-like crumb—lightly sweet, never gummy, and deeply satisfying with 30g protein per serving.

Ingredients

- 1 cup cottage cheese
- 1/4 cup plain Greek yogurt
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 tablespoons maple syrup
- 3/4 cup all-purpose flour
- 2 teaspoons baking powder
- 1 1/2 teaspoons cinnamon
- as needed neutral oil or unsalted butter (for cooking)

Instructions

1. Add cottage cheese, Greek yogurt, eggs, vanilla, and maple syrup to a blender; blend until smooth.
2. In a medium bowl, whisk together flour, baking powder, and cinnamon.
3. Pour the blended mixture into the dry ingredients and stir just until no dry streaks remain; do not overmix (batter will be thick).
4. Heat a nonstick skillet over medium-low and lightly oil or butter it. Portion 1/3 cup batter per pancake and cook until golden and set through, about 2 minutes per side, adjusting heat as needed so centers cook before outsides over-brown.
5. Serve hot with maple syrup and/or desired toppings (berries, nut butter, banana, yogurt, etc.).

Tags: High Protein, Breakfast, Pancakes, Vegetarian, Kid Friendly, Freezer Friendly
