

Biggest Loser Pancakes

Yield: 5 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/biggest-loser-mexican-frittata-recipe>

Ingredients:

- 6 egg whites
- 1 cup oats
- 1 cup cottage cheese
- 2 teaspoons sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 10 chocolate chips optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 5 milligrams
4. Fat: 4 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 220 milligrams
9. Sugar: 4 grams

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