

Fluffy & Healthy Cottage Cheese Pancakes

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/fluffy-japanese-pancake-recipe>

Ingredients:

- 1 cup lowfat cottage cheese
- 1 cup plain yogurt
- 3 eggs separated
- 1/4 teaspoon baking soda
- 1 dash salt
- 1 cup all purpose flour I use whole wheat flour – feel free to use 1/2 whole wheat and 1/2 white
- 1 tablespoon sugar
- 1 handful blueberries or your favorite add-in
- cooking spray or butter

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 195 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 520 milligrams
9. Sugar: 12 grams

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