

PROTEIN PANCAKES

INGREDIENTS:

- 1/4 cup raw oats
- 1/4 cup cottage cheese
- 1/2 scoop protein powder
- 1/2 cup egg whites

INSTRUCTIONS:

- 1.** Blend raw oats in a blender to flour consistency
 - 2.** Add in cottage cheese, protein powder and egg whites
 - 3.** Lightly spray cooking pan
 - 4.** Cook pancake and enjoy. Please note that serving sizes may differ based off of your current weight!
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