



Cottage cheese pancakes

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Ingredients:

1 egg
1/2 cup cottage cheese
1 tsp canola oil. walnut oil is good too
3 tbsp whole wheat flour

1. in a small bowl, beat the egg with a whisk until creamy
2. push the cottage cheese through a wire strainer into the egg in the bowl. mix well
3. add the oil and the flour. mix well
4. lightly oil a skillet and place over low heat. when the skillet is hot, spoon the batter into the skillet making four pancakes. flatten slightly with the back of the spoon. cook 2-3 minutes on each side, or until lightly browned
5. serve with applesauce, apple butter or your favorite whole fruit jam

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