

Race Day Pancakes

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Ingredients:

1 cup egg whites

1 cup full fat cottage cheese

1 cup oatmeal

Optional: sweet potatoes or zucchini

Preparation:

Place all ingredients in a mixing bowl and blend until smooth with immersion blender.

Melt butter or coconut oil in frying pan over medium heat.

Spoon batter into pan and cook 2-3 minutes per side or until lightly browned.