



Healthy Pancake Breakfast

Ingredients:

¼ cup raw oats
¼ cup cottage cheese
½ scoop protein powder
½ cup egg whites

Directions:

Blend all the ingredients until a batter forms. Pour over a hot griddle.

Flip when the edges start browning.

Serve with a tablespoon of natural peanut butter smeared over top or with a handful of almonds on the side.