



Protein Pancakes

Ingredients

- 1/2 cup rolled oats
- 1/2 cup cottage cheese
- 2 large eggs
- 1 scoop ESC Whey Protein Isolate
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract

*Cooking spray or a small amount of butter/oil for the pan

Directions

1. In a blender, add the rolled oats, cottage cheese, eggs, ESC Whey Protein Isolate, baking powder, and vanilla extract. Blend until smooth.
2. Heat a non-stick skillet or griddle over medium heat and lightly coat with cooking spray or butter/oil.
3. Pour small amounts of batter (about 1/4 cup) onto the pan. Cook until bubbles form on the surface, about 2-3 minutes, then flip and cook for another 1-2 minutes on the other side.
4. Stack your pancakes and add your favorite toppings, like fresh berries, banana slices, or a drizzle of maple syrup.

Nutritional Facts	
Servings Per Batch	1
Serving Size	4 Pancakes
Amount per Serving	
Calories	350
Carbs	30g
Fat	10g
Protein	40g

*Nutritional Facts will vary depending on ingredients