

*Making it delicious*

# Blueberry Protein Pancakes

THE  
*Open*  
Door

## Ingredients

- 1 cup oats
- 1 cup white whole wheat flour
- 1 Tablespoon baking powder
- 1 Tablespoon chia seeds (optional)
- 1 Tablespoon honey
- 1/2 teaspoon salt
- 2 eggs
- 1 banana
- 1 cup cottage cheese
- 3/4 cup milk
- 1 cup blueberries (fresh or frozen)
- Butter for the pan (optional)



## Instructions

- Heat a nonstick skillet or griddle over medium-low heat while preparing the batter.
- Combine the dry ingredients in a blender and pulse until the oats become a flour.
- Add the rest of the ingredients except for the blueberries, and blend into a smooth batter.
- Transfer the batter to a bowl, then fold in the blueberries (or, if you want to use fewer dishes, you can leave the batter in the blender).
- If desired, add butter to the skillet or griddle before scooping the batter.
- Scoop the batter onto the heated surface, using the back of the scoop to spread it into a larger circle.
- When bubbles form in the pancakes, and the edges are no longer shiny, they are ready to flip.
- Cook until golden brown on both sides.

Recipe adapted from [www.comfortablydomestic.com](http://www.comfortablydomestic.com)

**SERVINGS: 4 | PREP TIME: 20 MIN**

**FOODPANTRY.org**