

Oatmeal Recipes

Super High Protein Oatmeal Pancakes or Waffles



INGREDIENTS

- 1 packet Maple & Brown Sugar Oatmeal
- 2 large Eggs
- ½ cup Cottage cheese, 4%
- 1-2 Tbsp Water, if needed

DIRECTIONS

- 1 Mix all ingredients in a blender or small food processor.
- 2 For pancakes, drop onto a non stick pan and cook on low heat for approximately 2 minutes per side.
- 3 For waffles, pour into waffle maker and cook for 2 minutes.
- 4 Enjoy plain or with your favorite toppings.

Nutrition: 360 calories, 16 g fat, 16 g carbohydrates, 39 g protein, 1 g fiber 40% fat, 18% cho, 42% protein



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