

Power Pancakes and Waffles

These protein-packed pancakes or waffles are great for meal prep. You can easily double or triple the recipe to have a quick breakfast anytime. For extras, cool the pancakes or waffles to room temperature, lay them on a sheet pan in an even layer, and freeze overnight. Then store them in an airtight container in the freezer. To reheat, simply place them in a toaster, toaster oven, air fryer, or microwave until warm.

Serves 3 **Serving size:** 2 pancakes or waffles **Prep time:** 5 minutes **Cook time:** 10 minutes **Total time:** 15 minutes

Ingredients

- 2 eggs
- 3/4 cup low-fat cottage cheese or nonfat Greek yogurt
- 1/2 cup old-fashioned oats
- 2 tablespoons pure maple syrup or honey (*Omit if using a flavored yogurt.*)
- 2 teaspoons baking powder
- 1/2 teaspoon vanilla extract
- Optional add-ins: berries, banana, dark chocolate chips



Directions

Skillet

1. In a small blender or food processor, blend all ingredients until smooth.
–If using Greek yogurt, you may want to just mix ingredients in a bowl until well combined.
2. Heat a skillet over medium heat. Lightly spray with cooking spray.
3. Add 1/4 cup of batter to the skillet. Add optional berries, banana slices, or dark chocolate chips.
4. Cook for about 4 minutes per side or until each side is golden brown.

Mini Pancake or Waffle Maker

1. In a small blender or food processor, blend all ingredients until smooth.
–If using Greek yogurt, you may want to just mix ingredients in a bowl until well combined.
2. Preheat mini pancake or waffle maker according to product manual. Once heated, lightly spray with cooking spray.
3. Add 1/4 cup of batter to the center of the mini pancake or waffle maker. Add optional berries, banana slices, or dark chocolate chips.
4. Cook for about 4–5 minutes or until you can lift the lid and the pancake or waffle releases.

Nutrition Facts

Serves 3 2 pancakes or waffles (340g)
Serving size

Amount per serving
Calories **121**

	% Daily Value*
Total Fat 4g	7%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 127mg	42%
Sodium 378mg	16%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	3%
Total Sugars 7g	
Protein 8g	17%
Vitamin D 24mcg	7%
Calcium 279mg	28%
Iron 1mg	8%
Potassium 90mg	3%
Phosphorus 370mg	37%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.