Madeline Woolverton

Junior

Grains

Anderson

**Trim Healthy Pancakes**

2 cups old-fashioned rolled oats
2 cups low-fat cottage cheese
2 cups egg whites (carton is easier, but can use fresh)
6 teaspoons of a natural sweetener (ex: Stevia, Truvia
2 teaspoons vanilla extract
4 teaspoons aluminum-free baking powder
Coconut oil cooking spray

1. Put the oats in a blender and blend until they turn into a powder. Turn off the blender and add the cottage cheese, egg whites, natural sweetener, vanilla, and baking powder. Blend well, then allow the mixture to sit for a few minutes to let it thicken up.
2. Lightly coat a nonstick griddle or nonstick fry pan with coconut oil spray and heat over low/medium heat. Ladle desired-pancake-size amounts onto the griddle and cook until golden brown, about 3 minutes. Flip and brown the other side, an additional minute or two. Keep the pancakes warm in a 200 degree oven as you make additional ones.