

## **High Protein Pancakes**

1 cup cottage cheese

4 eggs

½ cup rolled oats

½ cup whole wheat pastry flour (or if gluten free, use brown rice flour or just more rolled oats)

½ tsp. Salt

1 tsp. Vanilla

Chopped walnuts if desired

Process all in a food processor till smooth and drop on an oiled griddle just as you do any pancake mix...it's all protein and complex carbs for great brain power and high energy!