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## Oat & Cottage Pancakes ··

Oat & Cottage Pancakes are a delicious and nutritious breakfast option. Made with oats and cottage cheese, these pancakes are packed with protein and fiber. They are easy to make and can be customized with your favorite toppings. Enjoy them hot off the griddle with a drizzle of maple syrup or a dollop of yogurt.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>100 g</b>	Oats
<b>200 g</b>	Cottage cheese
<b>2 units</b>	Eggs
<b>200 ml</b>	milk
<b>1 tsp</b>	vanilla extract

1 tsp	baking powder
1 tsp	salt
20 g	butter

## Directions

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### Step 1

Blender

In a blender, combine oats, cottage cheese, eggs, milk, vanilla extract, baking powder, and salt. Blend until smooth.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Stove

Heat a non-stick pan over medium heat. Melt butter in the pan.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 3

Stove

Pour 1/4 cup of batter onto the pan for each pancake. Cook until bubbles form on the surface, then flip and cook for another 1-2 minutes.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

## Step 4

Stove

Repeat with the remaining batter.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 7 g

**Protein:** 15 g

**Carbohydrates:** 20 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	2 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	7 g	25%	28%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	15 mcg	100%	100%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Winter

Spring

Summer

Fall

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

### Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

### Difficulty Level

Easy

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