Kid-Friendly Cottage Cheese Very Blueberry Pancakes

Blueberries give a sweet-tart flavor to our wholesome, fluffy pancakes. The secret? Cottage cheese. Try it. You'll be surprised how delicious and pillowy these pancakes are.

Ingredients

- 3 large egg whites

OR

- 2 large eggs

3/4 cup low-fat, no-salt-added or low-sodium cottage cheese

1/2 cup fat-free milk

1 cup whole-wheat flour

1 teaspoon baking soda

2 teaspoons sugar

12 ounces frozen blueberries (with liquid), thawed

Cooking spray

Directions

In a medium bowl, stir together the egg whites, cottage cheese, and milk.

In a large bowl, stir together the flour, baking soda, and sugar. Pour the egg mixture into the flour mixture. Stir just until moistened but no flour is visible. Do not overmix.

Gently fold the blueberries with the liquid into the batter.

Lightly spray a griddle or large skillet with cooking spray. Heat over medium-high heat. For each pancake, ladle a 1/4 cup of batter onto the griddle. Cook for 3 to 4 minutes, or just until bubbles begin to form on the top of the pancakes and the edges are a little dry. Reduce the heat to medium low. Gently turn over the pancakes. Cook for about 3 minutes, or until the second side is golden brown and the pancakes are fairly firm to the touch.

Transfer the pancakes to a cooling rack, placing them in a single layer and leaving space between. Repeat with the remaining batter.

Calories	Protein	Fiber	Cost Per Serving
248 Per Serving	15g Per Serving	6g Per Serving	$1.61

Nutrition Facts

Calories	248
Total Fat	5.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g

Polyunsaturated Fat	1.5 g
Monounsaturated Fat	1.5 g
Cholesterol	142 mg
Sodium	388 mg
Total Carbohydrate	37 g
Dietary Fiber	6 g
Sugars	12 g
Protein	15 g

Dietary Exchanges

1 1/2 lean meat, 1 fruit, 1 1/2 starch