

## **Honey Berry Sweetened Cottage Cheese Pancakes**

- 1/2 c oatmeal
- 1/2 c cottage cheese
- 3/4 c egg whites, or 2 whole eggs and a little milk
- 1 T each chia seeds, hemp seeds (optional)
- a pinch kosher salt
- 1 t butter

In a nonstick pan, heat the butter over medium-high heat.

In a medium-sized bowl, combine all ingredients.

Reduce heat to medium-low and use a tablespoon to dole batter into pan, patting down a little to make perfect little circles. Cook 3 or 4 pancakes at a time. Flip each pancake as the batter bubbles. Makes 12 - 14 small pancakes. Serves 4. Freezes well. Easy to toast from frozen for a fast food breakfast.

**Jittery Cook**