

High Protein Pancakes

(from “Whole Foods for the Whole Family”, LaLeche League International)

- 1/2 cup whole wheat flour
- 1 cup cottage cheese
- 4 eggs
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla
- 1 Tablespoon wheat germ

Combine all ingredients in a blender or food processor until smooth. If it is too thick to pour as pancake batter, add a small amount of milk until it is of the consistency that you like.

Heat up a skillet until droplets of water splashed onto it jump around and evaporate. Pour a little canola oil onto the skillet, heat it, and spread it around.

Ladle batter onto skillet into the size and shape you like your pancakes to be. Cook the first side until tiny holes — not just bubbles — appear in the surface of the pancake. Flip over and cook the other side until golden.

Serve hot with your choice of topping, such as fresh fruit with whipped cream; butter and real maple syrup; fruit sauce (made with frozen berries, a little honey, cornstarch and water slurry); or applesauce.