

# Cottage Cheese Banana Pancakes

## Ingredients

- ½ cup cottage cheese
- 1 ripe banana, mashed
- 2 eggs
- ¼ cup rolled oats
- ½ tsp cinnamon
- Coconut oil (for cooking)

## Instructions

1. Blend all ingredients until smooth.
2. Heat a non-stick skillet with a bit of coconut oil over medium heat.
3. Pour small rounds of batter and cook for 2–3 minutes per side, until golden brown.
4. Serve warm, optionally with a drizzle of nut butter or a few fresh berries.

## Health Benefits

- High in protein from eggs and cottage cheese
- Naturally sweetened by banana
- Great for brain health and satiety

