



# Ashley's Meal Prep Monday!



## Cottage Cheese Pancakes

### INGREDIENTS

1/2 cup all-purpose  
GF flour  
1 TSP baking powder  
1/4 TSP cinnamon  
1 cup cottage cheese  
(I use Lactaid brand  
for DF)  
2 large eggs  
1 TBSP maple syrup,  
plus more for topping  
1 TSP vanilla  
1 TBSP almond milk

Combine flour, baking powder, and cinnamon in a medium mixing bowl and set aside. Add cottage cheese, eggs, syrup, and vanilla to a blender or a food processor and blend until combined and smooth. Add wet ingredients to the dry ingredients and stir to combine. If the batter seems too thick, add in a TBSP or two of almond milk and stir to combine again.

Heat a pan or griddle to low-medium heat and spray with nonstick spray. Once hot, scoop out about a 1/4 cup of batter at a time and pour onto pan. You may need to use a spoon to spread the batter into a circle shape if it's thick. You should be able to make 8 pancakes. Cook until little bubbles form and the edges of the pancakes are solid enough to put a spatula underneath, about 4-5 minutes.

Flip the pancakes and cook an additional 2-3 minutes. Serve with a drizzle of syrup, peanut butter, and/or fresh berries. Whatever your little heart desires!



Recipe: [eatingabirdfood.com](http://eatingabirdfood.com)

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