

Trim Healthy  
W I S D O M

## Protein Strong Trim Healthy Pancakes (E or XO)

(Depending upon inclusion or the amount of nuts or nut butter)

Trim Healthy Pancakes was one of the recipes that started this whole movement! It made beautiful pancakes that contained slow-burning carbs and a fair amount of protein. Rather than just containing protein, we're now going a step further and making it Protein Nerd Level 3 friendly. In the original version there is not quite enough leucine to protect CLBM. We're upping egg white and cottage cheese amounts but keeping the oats the same so as not to go too high in density nor spike blood sugar for those vulnerable. This recipe has ample protein and safe carb margins at its finest!

You can make a single serving or a larger batch of 3 servings... whichever you choose. There are also three mixing options to make these. Now, with more liquid, it takes longer for the oats to thicken the mixture into pancake batter consistency if you blend them all together. You can blend the ingredients the night before, then put the blender in the fridge, and it will be a thicker consistency by breakfast time the next morning. Or you can blend the oats and then just stir in the rest of the ingredients, which works, although the pancakes are not quite as fluffy. Finally, you can blend all ingredients but add the optional 2-3 tablespoons of oat fiber, which thickens things up nicely and allows you to make a generous serving of pancakes within 5-10 minutes. (*P - this is my favorite way!*)

### INGREDIENTS:

#### For a Single Serve:

- 1/3 cup old-fashioned rolled oats
- 1/2 cup low-fat cottage cheese
- 1/2 cup egg whites (carton is fine)
- 1 - 1 1/2 tsp [TH Super Sweet Blend](#)
- 1/2 tsp baking powder
- 1 dash [TH Natural Burst Vanilla Extract](#) (optional)
- 2 - 3 Tbs [TH Oat Fiber](#) (optional)



### For a Triple Serve:

- 1 cup old-fashioned rolled oats
- 1½ cups low-fat cottage cheese
- 1½ cups egg whites (carton is fine)
- 3 - 5 tsp [TH Super Sweet Blend](#)
- 1½ tsp baking powder
- 3 dashes [TH Natural Burst Vanilla Extract](#) (optional)
- ⅓ - ½ cup [TH Oat Fiber](#) (optional)

### Optional Toppings:

- Fresh berries (or thawed from frozen berries)
- On-plan sweetened syrup
- Nuts or nut butter of choice

### Mixing Options to Choose From:

- Option 1: Blend all ingredients, then put the blender in the fridge overnight.
- Option 2: Blend oats, transfer to a bowl, and stir in the rest of the ingredients. (Thickens up in 5-10 minutes.) The pancakes are not quite as fluffy with this option.
- Option 3: Blend all ingredients and add the oat fiber. (Thickens up in 5-10 minutes.) (*P - this is my favorite way!*)

### Cooking Instructions:

1. Lightly coat a nonstick griddle or nonstick fry pan with coconut oil spray and heat over low/medium heat. Ladle 3 small/medium pancake-sized amounts onto the griddle for one serving and cook until golden brown, about 3 minutes. Flip and brown the other sides for another few minutes or until fully cooked through.
2. Top with fresh or thawed berries or an on-plan sweetened syrup if desired. You can also top with 1 tsp of nut butter or 1 Tbs of nuts for an E Meal or 1 Tbs of nut butter or 2 Tbs of nuts for an XO Meal.