Cottage Cheese Pancakes with Blueberry Ripple

Tender, protein-rich pancakes rippled with warm blueberry sauce.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**12 min**	**20 min**	**2**	**EASY**

Ingredients

- 200 g cottage cheese
- 2 eggs
- 60 g porridge oats
- 150 g blueberries
- 1 tsp vanilla extract
- 1 lemon zest
- 1 tbsp vegetable oil (for frying)

Method

1. Warm 100g of the blueberries in a small pan with 1 tbsp water for 4 minutes, crushing lightly, until saucy. Set aside.
2. Blitz the cottage cheese, eggs, oats, vanilla and lemon zest in a blender until smooth. Leave to stand for 5 minutes to thicken.
3. Heat a little oil in a non-stick pan over a medium-low heat. Add tablespoons of batter and cook for 2½ minutes, until set at the edges and bubbling on top.
4. Flip carefully and cook for 1½ minutes more.
5. Stack up, ripple over the warm blueberry sauce and scatter with the remaining fresh berries.

Tips & swaps

- These are more delicate than flour pancakes, so keep them small and use a medium-low heat. Wait for the surface to look dry before you turn them.

Storage & reheating

Best eaten fresh; reheats gently in a dry pan.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
300	**22g**	**28g**	**10g**	**4g**

Estimated values, for guidance only. Contains: Milk, Egg, Oats (gluten).