

# BREAKFAST PANCAKES WITH YOGHURT & BERRIES



## QUICK

Less than 15 mins start to finish

## HEALTHY

Cottage cheese is a rich source of vitamin B12, which supports brain function and aids in the production of red blood cells

## FAMILY

I make these most weekends Everyone enjoys them with different toppings.... smoked salmon, cheese & tomato, guacamole, apple puree & raisins etc..

## MEALS

Delicious, high protein breakfast to keep everyone full till lunchtime.

## INGREDIENTS – FEEDS 5 HUNGRY PEOPLE

- 6 eggs
- 300g cottage cheese
- 150g oats
- 1 tsp cinnamon
- 1 tbs flaxseeds (optional)
- Oil for frying

### Toppings

- Natural yoghurt
- Mixed fresh berries

## METHOD

- 1) Put the eggs into a blender, followed by the cottage cheese, oats, cinnamon & flaxseeds
- 2) Blitz till smooth
- 3) It may need a little extra water to make it pourable
- 4) Heat some oil in a large frying pan, when hot, pour in your pancake mix
- 5) When cooked, flip and cook the other side (I know its cooked when little bubbles appear in the pancake)
- 6) Serve with 1 tbs natural yoghurt and fresh berries



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)