

High Protein Cottage Cheese Hotcakes with Maple Syrup and Banana



Serves 2 Time 15 minutes

Ingredients

1 cup almond meal or Rolled oats or Quinoa Flakes (feel free to experiment)

½ cup cottage cheese

½ tsp vanilla extract or powder

2 eggs

1 scoop of Collagen powder

½ tsp baking powder

2 tsp Maple Syrup

1 banana, sliced and fried, or seasonal fruit of choice

Olive or Coconut oil, for frying

Method

Place almond meal, cottage cheese, vanilla, eggs, and baking powder in a blender and blitz to combine.

Heat a frypan on medium heat. Add oil around the pan to coat. Add 2 tbsp of batter to the pan, cook 2-3 minutes, flip and cook for a further 1-2 minutes. Transfer to a plate and repeat the process.

Top with fried sliced banana and Maple syrup for a gut-loving, high protein, antioxidant-rich breakfast.