



Oatmeal Pancakes

From The South Beach Diet

Makes approximately 3 large or 6 small pancakes

- 1/2 cup rolled oats
- 1/4 cup low fat cottage cheese
- 4 egg whites
- 1/4 teaspoon cinnamon
- vanilla to taste

Combine all ingredients in a blender and mix until smooth.

Coat a nonstick frying pan with spray or lightly oil and heat over medium flame. Pour batter into pan. Turn the pancakes once the first side is nicely browned. Cook until the second side is fully browned. Serve immediately.

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