FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.

Blueberry Banana Protein Pancake*

Recipe Summary:

Preparation/Cook Time: 30 minutes
Number of Servings: 2
Cups of Fruits and Vegetables Per Person: not given

Ingredients:

1/2 cup quick oats
1/2 cup fat free cottage cheese
1/2 cup egg beaters or just egg whites
1/2 banana
1/2 cup blueberries
1 tsp vanilla

Directions:

Put all the ingredients except the blueberries in a blender. Blend till smooth. Add the blueberries and pulse a couple of times. Spray skillet or griddle with Pam. Put 1/4 cup of mix in hot skillet or griddle. This will make 6 nice sized pancakes. If you're on weight watchers, it is only 1 point per pancake and the pancakes are considered power food. You can also change the flavor by omitting the banana and blueberries and adding 1/2 an apple and cinnamon; or just take out the blueberries and have banana pancakes.

* Original recipe

Nutritionist Notes:

- Low in saturated fat
- High in manganese
- High in selenium