

Cottage Cheese Blueberry Pancakes

Prep 10min | Cook time 20min



Ingredients

- 1.5cup cottage cheese
- 4 eggs
- ½ cup rice flour
- ½ tsp baking powder
- ½ tsp salt
- 2 tblsp arrowroot powder
- ½ cup blueberries or a fruit of your choice
- 1 tblsp coconut oil

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- Gluten Free
 - Vegetarian
 - High protein
 - Low Carb
 - Dairy free

Directions

Mix all the ingredients together except for the oil and the blueberries. Heat your skillet. Once hot add a touch of the coconut ensuring the entire pan is covered in oil. Add a small amount of batter sprinkling your blueberries on top. Fry each side until golden brown.

Eat and enjoy!

This dish has a traditional German or Ukrainian quality and is a nice twist on the regular pancake.

Note: different types of fruit can be used such as mulberries, raspberries, strawberries, saskatoons, banana, apple, etc.

@DrJenniferRumancik.com