



Fluffy Cottage Cheese Pancakes

These incredibly fluffy pancakes are made with creamy cottage cheese, creating a protein-packed breakfast that's both light and satisfying. The cottage cheese adds moisture and richness while keeping the pancakes naturally tender, making them an ideal choice for a nutritious morning meal. Topped with fresh berries, maple syrup, or Greek yogurt, these pancakes deliver restaurant-quality results in your own kitchen. Perfect for meal prep or lazy weekend brunches, they're sure to become a family favorite.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 minutes	20 minutes	35 minutes	4 servings

INGREDIENTS

1.5 cups Cottage cheese	4 large Eggs
0.5 cup All-purpose flour	1 teaspoon Baking powder
1 teaspoon Vanilla extract	2 tablespoons Honey or maple syrup
0.25 teaspoon Sea salt	0.5 teaspoon Ground cinnamon
2 tablespoons Unsalted butter	0.5 teaspoon Lemon zest
0.25 cup Milk	0.125 teaspoon Nutmeg

INSTRUCTIONS

- 1 Gather all ingredients and bring eggs to room temperature if possible, as this helps them blend more smoothly into the batter. If your cottage cheese is very wet with excess liquid, strain it through a fine mesh sieve for 5 minutes to remove moisture. Room temperature ingredients create a more uniform, fluffy batter.
- 2 In a blender or food processor, combine the cottage cheese, eggs, vanilla extract, honey, and lemon zest. Blend on medium speed for about 1-2 minutes until the mixture is smooth and creamy, with no large cottage cheese curds visible. This creates the foundation of your fluffy pancakes.
- 3 In a separate bowl, whisk together flour, baking powder, sea salt, cinnamon, and nutmeg. Make sure there are no lumps in the flour and the baking powder is evenly distributed. This dry mixture is crucial for achieving the light, airy texture these pancakes are known for.
- 4 Pour the blended cottage cheese mixture into the bowl with dry ingredients and gently fold together with a spatula until just combined. The batter should be thick and slightly lumpy—overmixing will result in tough pancakes. If the batter seems too thick, add milk one tablespoon at a time until it reaches the consistency of thick yogurt.
- 5 Place a non-stick skillet or griddle over medium heat and allow it to heat for 2-3 minutes. Add 0.5 tablespoon of butter and swirl to coat evenly. The pan is ready when a drop of water sizzles gently on the surface—not vigorously, as this indicates the heat is too high.
- 6 Using a 0.25-cup measuring cup or ice cream scoop, pour batter onto the hot pan, leaving 2 inches between pancakes. Cook for 3-4 minutes until the edges look set and small bubbles form on the surface. Flip gently and cook the other side for another 2-3 minutes until golden brown and cooked through.
- 7 Transfer finished pancakes to a warm plate and tent loosely with foil to keep them warm while cooking the remaining batter. Repeat with remaining butter and batter until all batter is used. Serve immediately while still warm, topped with your favorite accompaniments.



Chef's Notes

The secret to exceptional cottage cheese pancakes lies in not overmixing the batter—the lumps actually contribute to the tender crumb structure. I recommend using full-fat cottage cheese for the richest flavor and creamiest texture; low-fat versions can result in drier pancakes. The key to achieving that perfectly golden exterior is using medium heat and allowing adequate time on each side without flipping multiple times. These pancakes are forgiving and actually improve in texture after a day in the refrigerator as the crumb sets slightly.

NUTRITION PER SERVING

Calories: **285 kcal** Protein: **12 g** Carbs: **28 g** Fat: **12 g**

