

life is why
Family Health Challenge™

Kid-Friendly Cottage Cheese Very Blueberry Pancakes



Serves 4

Price per Serving \$1.61

Simple Cooking with Heart these American, good-for-you blueberry pancakes made with cottage cheese your kids can help make.

Ingredients

- ☐ 3 large egg whites **OR**
- ☐ 2 large eggs
- ☐ 3/4 cup low-fat 33 percent less sodium cottage cheese
- ☐ 1/2 cup skim milk
- ☐ 1 cup whole-wheat flour

- ☐ 1 tsp. baking soda
- ☐ 2 tsp. sugar
- ☐ 1 12 - oz. packaged, frozen blueberries (with liquid), thawed
- ☐ cooking spray

Directions

1. Let kids crack eggs into a medium bowl. Then, let them measure and add cottage cheese and milk into the bowl, using a spoon to mix wet ingredients together.
2. Let kids measure and add the dry ingredients of flour, baking soda, and sugar into the wet ingredients. Have them stir with a spoon just until ingredients are combined?having some lumps is ok.
3. Let kids gently stir in blueberries into the batter.
4. Spray a large nonstick pan with cooking spray and warm over medium-high heat. Portion ¼ cup amounts of batter into the pan?adding 3 to 4 pancakes without overcrowding. When bubbles appear on the edges of each pancake after about 2-3 minutes, flip over with spatula and slightly flatten each pancake with the back of a spatula. Cook until that side is browned, another 2-3 minutes.
5. Transfer cooked pancakes to a plate. Continue making pancakes with remaining batter, coating the pan with cooking spray between each batch, until all the batter has been used. Serve pancakes.

Additional Tips

Cooking Tip: Not over-mixing the pancake batter is the key to light and fluffy pancakes. Some small lumps in a pancake batter are okay because it means you haven't over-mixed.

Keep it Healthy: Before you grab the syrup bottle, try these first! They're so moist we don't think you'll need any. If you do add syrup, keep it light by adding just one tablespoon.

Tips:

- Using a nonstick pan to cook food like pancakes, along with cooking spray, helps keep your pancakes from sticking.
- Use the liquid from the thawed frozen blueberries to make the pancakes a fun blue color. Fresh blueberries will be just as tasty but may not make the pancakes as vibrant blue.

Nutritional Info

Nutrition Facts	
Calories per serving	248
Total Fat	5.3 g
Saturated Fat	1.6 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.3 g
Monounsaturated Fat	1.7 g
Cholesterol	142 mg
Sodium	388 mg
Carbohydrates	37 g
Fiber	6 g
Sugars	12 g
Protein	15 g

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