



Niagara County Office for the Aging
111 Main Street, Suite 101
Lockport, NY 14094
Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Low Carb Oatmeal Pancakes

½ cup Oatmeal
¼ cup cottage cheese
2 eggs or egg substitute
1 teaspoon sugar or sugar substitute

Mix ingredients together in food processor or blender. Cook on hot griddle until one side is brown and then turn with a spatula. Add raisins if desired or dried blueberries.

Serve with real maple syrup or syrup of your choice. Strawberry jam or other jam is very good on the pancakes.

These are high protein and low carbohydrate (no white flour).