Banana Cottage Cheese Pancakes

One-page prep, cook & freeze checklist | 1 batch = about 9 small pancakes

INGREDIENT CHECKLIST

- [ ] 1 ripe banana, mashed (about 1/2 cup)
- [ ] 3/4 cup cottage cheese
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 1/2 tsp ground cinnamon
- [ ] 3/4 cup all-purpose flour
- [ ] 1 tsp baking powder
- [ ] 1/8 tsp fine salt
- [ ] 1-2 tsp oil for the skillet
- [ ] Optional: berries / yogurt

QUICK COOKING ROAD MAP

1. Mash banana, whisk with cottage cheese, eggs and vanilla.
2. Stir flour, baking powder, cinnamon and salt separately.
3. Fold dry into wet. Rest 3-5 minutes; keep batter thick.
4. Use 1/4-cup scoops, cook on medium-low until set.
5. Flip once; cook through, then serve warm or cool promptly.

MY PANCAKE BATCH TRACKER

Date: _____ Skillet heat: _____

- [ ] Round 1: scoops ____ minutes/side ____ notes _____
- [ ] Round 2: scoops ____ minutes/side ____ notes _____
- [ ] Round 3: scoops ____ minutes/side ____ notes _____

MAKE-AHEAD NOTES

Cool promptly. Refrigerate cooked pancakes in a covered container for 3-4 days.
Freeze with parchment between layers. Reheat thoroughly; keep raw batter off your spoon.

Food safety: USDA / FDA / CDC guidance. Do not eat uncooked batter.