

## Vanilla Apple ProCakes

### Yields:

8 pancakes (using 1/4 cup batter per pancake)  
1 PANCAKE = 2 UNITS PRO & 2 UNITS CARBS\*

### Pancake Ingredients:

1 cup low-fat cottage cheese  
1/2 cup all-purpose flour  
1/4 whole wheat flour  
2 scoops MRM Low-Carb Vanilla Protein Powder  
1/2 tsp. ground cinnamon  
1/2 tsp. salt  
1 1/2 cup liquid egg-replacement  
1/4 cup low-fat milk (2%)  
1/4 cup canola oil  
1 tsp. vanilla extract  
canola oil cooking spray

### Topping Ingredients:

**\*adds 1 unit carbs and 3 units fat**

1/3 cup No-Sugar Added Canned Apples (pie filling) per pancake  
2 oz. (1/3 container Dannon Fit -n- Light Vanilla Yogurt per pancake  
1 Tbsp. chopped toasted pecan pieces per pancake

### Pancake Directions:

1. Place ingredients in a blender and blend until smooth (1 - 2 min.).
2. Heat large skillet sprayed with canola oil. Use 1/4 measurement cup for each pancake. Make sure that the skillet is good -n- hot. Flip once.
3. After you make all of your pancakes, cool completely. Stack by separating each pancake with a piece of wax paper. Store in a zip-lock bag or a container in your refrigerator for up to 4 days. You can freeze them for up to 2 weeks. Re-heat on a griddle or in the microwave.