



Nutrition Information Per Serving:

Calories: 97
Protein: 8 g
Carbohydrates: 10 g
Fat: 5 g
Fiber: 3 g

PREP TIME 20 mins	COOK TIME 60 mins	TOTAL TIME 80 min	RECIPE MAKES 6 servings
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Adding Muuna cottage cheese pumps up the protein in these autumn inspired pancakes! They make any morning feel a little extra festive and are perfect for tiding you over before a big holiday meal.

"They are surprisingly fluffy, taste like Thanksgiving, and are ridiculously easy to make. All you need is a skillet, food processor and the ingredients." —[What's For Dinner Esq.](#)

INGREDIENTS

- 2 Eggs
- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese
- 1 tsp. Pumpkin pie spice
- ½ cup Rolled oats
- 1 tsp. Sugar
- 1 tsp. Vanilla extract

INSTRUCTIONS

- 1) Heat a pancake griddle or pan over medium heat.
- 2) Combine flours, hemp seeds, baking powder, allspice and salt in a large bowl and whisk until combined.
- 3) Add cottage cheese, egg, maple syrup, vanilla to the bowl. Whisk as you slowly add the milk until everything is well combined.
- 4) Add a small bit of butter to the pan. Once melted, place one pineapple ring on top and cook until golden brown and starting to caramelize. Flip the pineapple slice over, spoon pancake batter on top so that it covers the ring entirely and spills over the sides a bit. Cook until set (about 3 minutes), carefully flip and cook another 2 minutes on the other side.
- 5) Repeat with remaining pineapple rings and batter.
- 6) Serve with maple syrup and extra hemp seeds for topping.