

# Apple and Cheese Pancakes

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*An unusual recipe that hits the spot, apples and cheese create the perfect sweet-savory taste combination. In a cinnamon-honey pancake batter, the result is simple addictive.*

## Ingredients:

4 eggs, separated  
1 cup cottage cheese  
1 cup grated apples  
 $\frac{3}{4}$  cup flour  
1 tablespoon honey  
1 tablespoon chopped almonds  
1 teaspoon lemon juice  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon salt  
Cooking spray, as needed

## Directions:

- 1) Combine all ingredients except egg whites in a large bowl. Beat egg whites in a separate medium bowl; fold into large bowl.
- 2) Heat a large skillet over medium heat; coat with cooking spray. Drop batter in  $\frac{1}{4}$  cup spoonfuls onto skillet; cook until browned on both sides, about 5 minutes total. Serve warm.