

BREAKFAST

Whole Wheat (Cauliflower) Cottage Cheese Pancakes

3 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	15 min	20 min	4	\$0.89	205 kcal

Whole Wheat (Cauliflower) Cottage Cheese Pancakes is a lacto ovo vegetarian recipe with 4 servings. One serving contains 227 calories, 15g of protein, and 5g of fat. For 89 cents per serving, this recipe covers 15% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 teaspoon baking powder
- ☐ 1 teaspoon butter, or as needed
- ☐ 2 large eggs
- ☐ 1 pinch ground nutmeg
- ☐ ¾ cup whole wheat flour
- ☐ 2 tablespoons brown sugar
- ☐ ½ head cauliflower, cut into florets
- ☐ 1 pinch ground cinnamon
- ☐ 1 cup low-fat cottage cheese

EQUIPMENT Bowl, Frying pan, Sauce pan, Blender

Method

- 1

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil.
- 2

Add cauliflower, cover, and steam until tender, about 10 minutes.
- 3

Transfer cauliflower to a blender and blend until smooth. Measure 1 cup pureed cauliflower and store any remaining in a container in the refrigerator for another use.

- 4 Stir 1 cup cauliflower puree and cottage cheese together in a large bowl until smooth.
- 5 Mix flour, brown sugar, baking powder, nutmeg, and cinnamon into cauliflower mixture until batter is just mixed and thickened.
- 6 Add eggs to batter until thoroughly mixed. Stir milk into batter, adding 1 tablespoon more at a time if needed, until batter is smooth.
- 7 Heat butter in a large frying pan over medium heat; drop heaping tablespoons batter into the melted butter. Cook until batter begins to bubble, 3 to 4 minutes. Flip pancakes and cook other side until browned, 3 to 4 more minutes. The inside of these pancakes will be softer than traditional pancakes. Repeat with remaining batter.

Nutrition per serving

	205 KCAL	15 g PROTEIN	5 g FAT	28 g CARBS
Saturated Fat				2 g · 13% of daily needs
Fibre				3.9 g · 16% of daily needs
Sugar				9 g · 10% of daily needs
Sodium				403 mg · 18% of daily needs
Cholesterol				98 mg · 33% of daily needs
Vitamin C				34.7 mg · 42% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/whole-wheat-cauliflower-cottage-cheese-pancakes-147474