

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.