

Cottage Cheese & Maple Syrup Pancakes



By Ashley Alexander

These aren't your average pancakes - they're a wholesome twist on a classic. They're high in protein thanks to the cottage cheese and have the most fantastic texture: light, moist and fluffy on the inside with crisp edges and a subtle tang. They're perfect served with a generous drizzle of pure Canadian maple syrup and fresh fruit - the strawberries and kiwi combo are a favourite.

SERVES 4 | **PREP TIME** 10 minutes | **COOK TIME** 20 minutes | **TOTAL TIME** 30 minutes

INGREDIENTS

For the pancakes

- 500g cottage cheese
- 3 eggs
- 4 tablespoons pure Canadian maple syrup
- 250g plain flour
- 1/2 teaspoon baking soda
- 1 1/2 teaspoon baking powder

- 1-2 tablespoons unsalted butter, for pan-frying

To serve

- Pure Canadian maple syrup, for drizzling
- Fresh fruit (e.g., sliced strawberries and kiwi, or whatever you have on hand)

METHOD

1. In a large mixing bowl, combine the cottage cheese, eggs, and maple syrup. Whisk to blend.
2. Add the flour, baking soda, and baking powder. Gently fold together—leave the batter lumpy and rough, as this keeps the pancakes fluffy. Overmixing will make them tough.
3. Heat a large frying pan over medium heat. Add a little butter, then spoon in the batter in 1/4-cup portions, leaving space between each pancake.
4. Cook until the pancakes rise slightly and the edges start to set, about 4 minutes. Flip carefully.
5. Reduce the heat slightly and cook for another 4–5 minutes, until golden and cooked through. (These take longer than regular pancakes due to the cottage cheese.)
6. Transfer to a plate and repeat with the remaining batter (use two pans if you'd like to speed things up).
7. Serve warm with plenty of maple syrup and fresh fruit.

Storage Tip: Store any leftovers in the fridge for up to 3 days. Reheat in the toaster for best results.

NOTES

There's no added salt in this recipe, as cottage cheese already provides a naturally salty flavour. For this reason, I've also used unsalted butter.

These pancakes take a little longer to cook than traditional ones due to the cottage cheese, but the result is worth it - fluffy and moist with deliciously crisp edges.

If the pancakes are browning too quickly on the first side, simply reduce the heat slightly.

I love making a batch ahead and keeping them in the fridge for quick breakfasts. Just pop them into the toaster to reheat. My kids especially enjoy them topped with avocado, or with peanut butter and honey.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/cottage-cheese-maple-syrup-pancakes>

Let me know if you make the recipe! x **@gatherandfeast**