

FRENCH OAT CAKES



USOC
SPORTS NUTRITION

Servings: 5-6 French Oat Cakes | Preparation Time: 25 minutes



Recipe Difficulty:

INGREDIENTS

- 1 egg
- 1 cup oats
- 1 cup cottage cheese 2% fat
- 2 tbsp. vanilla extract
- 3 tsp. cinnamon
- Non-stick olive oil spray



Photo credit: www.dairygoodness.com

DIRECTIONS

1. In a blender, add the egg, cottage cheese, vanilla extract, cinnamon, and oats.
2. Blend until smooth. The batter should be slightly less thick than a milkshake.
3. Coat a frying pan with non-stick spray.
4. Over medium heat, pour a 2 inch diameter circle of batter onto the pan. Flip at approximately 2 minutes.

Topping Suggestions:

Berries, sliced bananas, walnuts, slivered almonds, honey or pure maple syrup

Serving Size: 2 French Oat Cakes

Calories: 220

Fat (g): 5

Sat. Fat (g): 2

Carb (g): 25

Fiber (g): 6

Protein (g): 15

THE INSIDE SCOOP

Oats are a superb source of carbohydrate and protein to help fuel training and competition. Oats are also loaded with fiber and B vitamins which help increase satiety and assist in energy metabolism. Cottage cheese is an excellent source of both protein and calcium, important for recovery and bone health. Depending on your nutrition needs, try eating 2-3 French Oat Cakes for breakfast prior to training or competition.

To boost antioxidant content, top with berries for a nutrient boost and additional fiber.

Need of extra calories? Choose full fat cottage cheese.

Dairy intolerant? Replace the cottage cheese with a banana, but be sure to add in a scoop of protein powder to replace the protein!

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