



**Pacific Northwest  
Canned Pears**  
Always ripe. Always ready.

# Protein-Packed Pear Pancakes

Makes 6 servings

## Ingredients

2 cups oat flour  
4 teaspoons baking powder  
1/3 teaspoon cinnamon  
1/4 teaspoon kosher salt  
1/8 teaspoon nutmeg  
4 Pacific Northwest Canned Pears, halves, in juice, drained  
1/2 cup cottage cheese, pureed until smooth in a blender or food processor  
1/2 cup milk, almond milk or soy milk  
1/4 cup canola oil, plus additional for cooking the pancakes  
2 eggs  
1 teaspoon pure vanilla extract

## Method

Combine the flour, baking powder, cinnamon, salt and nutmeg in a bowl and stir together.

In a separate bowl, mash the pears with a fork to create small lumps and chunks. Add the cottage cheese, eggs, milk or milk substitute, oil and vanilla, and stir well to combine.

Add the wet ingredients to the bowl containing the flour mixture, and whisk well to fully incorporate the ingredients.

To prepare the pancakes, lightly oil a griddle, cast iron or other heavy-bottomed pan over medium-high heat. Reduce the heat to medium-low, add about 1/3 cup of batter per pancake and cook until bubbles form over the surface of the batter. Flip the pancake and cook 30 seconds to 1 minute on the other side, or until both sides of the pancake are dark golden brown. Serve immediately.

## Servings

Makes 4 servings (2 pancakes each)

## Nutrition

<i>Calories</i>	425
<i>Calories from Fat</i>	180
<i>Fat</i>	20.7g
<i>Saturated Fat</i>	2.8g
<i>Cholesterol</i>	96.4mg
<i>Sodium</i>	776mg
<i>Carbohydrate</i>	47.2g
<i>Dietary Fiber</i>	6.3g
<i>Sugar</i>	8g
<i>Protein</i>	14g
<i>Vitamin A</i>	262IU
<i>Vitamin C</i>	0.45mg
<i>Calcium</i>	358mg
<i>Iron</i>	3.5mg