

March is Nutrition Month!

The factors that influence your future health and the health of Canadians are challenging and complex. Dietitians value the importance of creating a healthier tomorrow by acting on the key ingredients needed today. Ingredients like healthy sustainable food choices, food skills, nutrition education, access to nutritious food, and disease prevention are important to dietitians and the work they do.

Here is a protein-packed recipe from dietitian, Joanne Gallagher:



Apple Cinnamon Oat Protein Pancakes

Preparation Time: 20 mins
Cook Time: 15 mins
Standing Time: 10 mins
Serves: 8 (2 pancakes per serving)

Recipe Provided By: Dairy Farmers of Canada

Recipe Source: [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

Ingredients

Large-flake rolled oats	2 cups (500 mL)
Cottage cheese	1 ½ cups (375 mL)
Milk	½ cup (125 mL)
Eggs	2
Maple syrup	1 tablespoon (15 mL)
Baking powder	2 teaspoons (10 mL)
Vanilla extract	1 teaspoon (5 mL)
Ground cinnamon	1 teaspoon (5 mL)
Grated tart apple such as Cortland or Macintosh	about 2 apples
Chopped walnuts (optional)	½ cup (75 mL)

Pancake-wich (optional for grab-and-go breakfast):

Nut butter or sliced cheese,	1 tablespoon (15 mL)
such as cheddar, gouda or havarti	or 1 oz (30 g)
Sliced fruit, such as apple, pear, banana, or strawberries	as desired

Directions

Pancakes:

1. In a blender, combine oats, cottage cheese, milk, eggs, maple syrup, baking powder, vanilla, and cinnamon; purée until smooth. Stir in grated apple and walnuts (if using). Set aside for 10 minutes.
2. Preheat lightly greased non-stick frying pan or griddle over medium heat.
3. Scoop about 1/4 cup (60 mL) batter per pancake into frying pan. Cook for 2 minutes or until bubbles form on top and edges begin to dry.
4. Flip, and cook for 1 to 2 minutes longer, or until puffed and golden, adjusting heat as necessary to prevent over browning. Enjoy warm with toppings of your choice.

Pancake-wich:

1. Layer fillings of choice between two pancakes. Wrap, refrigerate and enjoy as a grab-and-go breakfast.



DIETITIAN TIP

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Made with whole-grain oats and chock full of protein from milk, cottage cheese and eggs, these pancakes have serious staying power. Protein foods included in [Canada's Food Guide](#) like milk and cheese help support growth in children, maintain muscle and bone health in adults, and help with muscle recovery after a workout.

Dairy Farmers of Canada is a sponsor of Nutrition Month 2022.