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Blueberry and Cottage Cheese Insanity

Ingredients

- 1 cup low-fat cottage cheese
- 1/4 cup skim milk
- 3/4 cup whole wheat flour
- 2 egg whites
- 1 1/2 teaspoons lemon juice
- 1 cup whole fresh blueberries

Directions

1. Combine cottage cheese, skim milk, and flour in a bowl
2. Beat egg whites until frothy but not stiff and add to cottage cheese mixture.
3. Add lemon juice, stir, add blueberries, and stir again.
4. Pour all of the batter into a nonstick frying pan and turn when tops begin to bubble and bottom is lightly browned.
5. Divide into four wedges and serve.