

COTTAGE CHEESE LATKES

INGREDIENTS

- 1 1/2 C Egg substitute **OR** 6 eggs
- 2 C Cottage cheese (low fat)
- 1/4 C Sugar substitute **OR** sugar
- 2/3 C Whole wheat flour **OR** Gluten-free flour of your choice
- 1/2 t Baking Powder
- 1/4 t Salt
- 1/4 t Cinnamon **OR** maple sugar
- 1 T Healthy oil
- Non-stick cooking spray



DIRECTIONS

- 1 Wisk the egg substitute until foamy
- 2 Combine all the remaining ingredients except the oil in a separate bowl
- 3 Pour half of the foamy egg mixt into the cotttage cheese
- 4 Using a spatula fold gently until egg subsitute is mixed in with other ingredients
- 5 Spray a saute pan with the non-stick cooking spray & then add the healthy oil
- 6 Heat the pan to a medium high heat
- 7 Pour 1/2C of the batter for each latke
- 8 Turn over the latkes when edges have become solid
- 9 Cook until golden brown

NOTES

To add to the taste & color, you can include chopped spinach or kale

