High Protein Cottage Cheese Pancakes

DAIRY & EGGS

- [ ] 1 1/2 cups 2% cottage cheese (about 340 g)
- [ ] 3 large eggs

PANTRY

- [ ] 3/4 cup old-fashioned rolled oats (about 60 g)
- [ ] 1/2 cup pumpkin puree (about 122 g; NOT pumpkin pie filling)
- [ ] 2 tablespoons maple syrup
- [ ] 1 teaspoon vanilla extract
- [ ] 1 1/2 teaspoons baking powder
- [ ] 1 1/2 teaspoons pumpkin pie spice
- [ ] 1/4 teaspoon salt
- [ ] Nonstick cooking spray