

Method for producing cottage cheese pancakes for people under constant stress involves mashing cottage cheese with chicken eggs, mixing the ingredients to form a batter and shaping the pancakes. A yeast starter is first prepared in kefir with sugar in an amount equal to half the kefir's recipe composition, followed by fermentation for 40 minutes at a temperature of 28–30 °C, pumpkin puree, obtained by mechanical processing, poaching, and blending pumpkin is additionally introduced into the batter in an amount of 7.3% by weight, as well as oat bran in an amount of 3.0% by weight, previously soaked in the remaining kefir for 45 minutes, after shaping the pancakes are fried in oil at a temperature of 120–140 °C for 3–5 minutes.