

BLUEBERRY OAT PANCAKES



Prep and cooking time: 15 mins

Serves: 4

Carbohydrates per serving: 1

This adaptation of a weekend favourite is naturally sweet and full of fibre. Have fun experimenting with toppings or different berry variations each time you make these.

Makes 8 pancakes.

Ingredients

- 2 bananas
- 3 medium eggs
- 70g rolled oats
- 1 tbsp butter
- 50-100g blueberries

Optional Toppings

Plain natural, Greek yoghurt, or cottage cheese
Crushed nuts

Method

1. If you have a blender, blend the bananas, eggs, oats, and $\frac{1}{2}$ tsp of salt until smooth. If not, use a fork to roughly mash the bananas. Add the eggs, oats, and salt. Stir to combine until smooth.
2. Heat $\frac{1}{3}$ tbsp of the butter in a frying pan, over medium heat. It should melt quickly but make sure it doesn't brown.
3. Pour the batter into the pan to desired size (approx. 10-12cm), roughly 1cm thick for each pancake. Scatter the blueberries on top.
4. When bubbles start forming on the top, flip with a spatula. Reduce heat slightly and cook until both sides are golden brown. Repeat until all batter is used up.
5. Top with yoghurt or cottage cheese and sprinkle with nuts.

TOP TIP - For a lighter fluffier pancake, blend the oats into 'oat flour' before adding to the mixture.