

OAT PANCAKES

RECIPE BY: TEAM WELLBE



VEGETARIAN



NO GLUTEN

DIFFICULTY: EASY

TIME: 15 MINS

SERVES: 1-2

Because who doesn't love pancakes?
This version is made with cholesterol-friendly high fibre oats.

METHOD

Blend all ingredients together (*batter should resemble thick-ish pancake batter). If batter is too runny, add in a bit more coconut flour). Heat a large non-stick fry pan on medium-low heat and add oil/butter. Pour batter into the heated pan - you can either make 1 large pancake or a few smaller ones. Cook for +/- 2 mins on one side (or until lightly golden), then flip and cook for another 1-2 mins. Serve warm with toppings of choice.

INGREDIENTS

- 1 large egg
- 2 Tbsp plain unsweetened yoghurt
- Splash of milk of choice
- 1/3 cup oats
- 2 heaped tsp coconut flour
- 1 tsp ground flaxseed
- 1/2 tsp each: baking powder, cinnamon and vanilla essence
- 2 sachets sweetener or 1 Tbsp xylitol or honey

Toppings of choice: berries, chopped fruit; plain yoghurt, honey, sugar free syrup, desiccated coconut, chopped nuts etc.