



OATY PANCAKES

This is indulgent, filling and most definitely nutritious ! Half the mixture to make smaller amounts and so you wont be tempted to eat more!

PORTION = 1-2 mini pancakes

Great for a weekend breakfast or when you have a busy day ahead

MAKES 5-6 MINI PANCAKES

INGREDIENTS

- 100g porridge oats
- 125ml oat milk
- 1 tsp baking powder
- 1 banana
- 2-3 drops vanilla essence
- ½ tsp of cinnamon
- 2 eggs separated
- Olive oil for cooking
- Non stick mini pan

METHOD

- In a blender place the oats , baking powder , egg yolks , banana, cinnamon, essence , oatmilk and blitz.
- In a separate bowl beat the whites of the eggs until nice and fluffy.
- Spoon the egg white and fold gently into your batter mix.
- On a medium heat , heat the oil and add a dollop of your batter

Don't make too thick as you want to ensure the middle is cooked.

Cook for 2-3 minutes on the bottom and then place under the grill to rise and brown on top!



HEALTHY SERVING SUGGESTIONS

- 1tsp of nut butter spread between two pancakes option
- 1tbsp of natural yogurt spread on top
- Handful of berries to top
- A drizzle of maple syrup (A DRIZZLE!!!)
- Dusting of cinnamon

Need tea or coffee to accompany

Be present and enjoy these and yes you may have a 'Nigella Moment'