

Breakfast

Blueberry Blender Pancakes

10 Mins
Prep Time

10 Mins
Cook Time

8
Servings

 **137 Calories** **4g Fat** **21g Carbs** **6g Protein**



Ingredients

 **8 Servings** • **3 Pancakes** Serving Size  **20 Mins** Total Time  **Allergens: Nuts, Dairy, Egg**

2 Cups Old Fashioned Oats 

1 ½ Cups Frozen Blueberries, divided 

1 Cup Unsweetened Vanilla Almond Milk

½ Cup Plain Greek Yogurt

2 Large Eggs

1 Banana

Zest of 1 Lemon

2 Tsp Baking Powder

1 Tsp Baking Soda

½ Tsp Salt

Allergen Swap

Nuts Replace almond milk with cow's milk or a non-dairy milk alternative

Dairy Replace Greek yogurt with a non-dairy yogurt

Egg Mix 1 Tbsp chia seeds or ground flax seeds with 3 Tbsp hot water; set aside to thicken to egg white consistency. 3 ½ Tbsp of the mixture = 1 egg

Nourishment Note!



Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function it's best.



Blueberries

Blueberries are high in fiber, vitamin C, and vitamin K and have an incredibly high number of antioxidants.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 200 °F and lightly coat a non-stick skillet with cooking spray.

3. Blend Ingredients

Combine in a blender the oats, 1 cup blueberries, almond milk, yogurt, eggs, banana, lemon zest, baking powder, baking soda, and salt. Blend until smooth.

4. Add Remaining Blueberries

Fold in remaining ½ cup of blueberries.

5. Cook Pancakes

Heat skillet over medium heat. Working in batches, scoop batter into skillet using a ¼ cup measuring cup. Cook pancakes until bubbles form on top and bottom is golden brown. Flip and cook until cooked through, about 1-2 minutes longer; keep warm in oven.

6. Serve & Enjoy!

Serve immediately.

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from damndelicious.net

What You'll Need



Measuring Cups



Measuring Spoons



Blender



Large Non-Stick Skillet



Non-Stick Cooking Spray



Zester



Spatula

PD Cooking Tips

Lemon Zest: Add 1 tsp of purchased lemon juice instead of lemon zest to alleviate hand strain during food preparation.