

Breakfast | Snack

Blueberry Blender Pancakes

Side Effect: Nausea/Vomiting

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: Dairy, Eggs, Nuts**

2 Cups Old Fashioned Oats 

1½ Cups Frozen Blueberries, **washed thoroughly**, and divided 

1 Cup Unsweetened Vanilla Almond Milk

½ Cup Plain Greek Yogurt, **pasteurized**

2 Large Eggs

1 Banana

Zest of **1** Lemon, **wash lemon thoroughly before zesting**

2 Tsp Baking Powder

1 Tsp Baking Soda

½ Tsp Salt

Allergen Swap

Dairy Replace Greek yogurt with a dairy-free alternative.

Eggs Replace eggs with commercial egg replacer or ground flax seed. (Mix 1 tablespoon ground flax seed with 3 tablespoons water. Allow to sit until mixture is thick. Equals 1 egg).

Nuts Replace almond milk with cow's milk, or a nut-free dairy alternative.

Nourishment Note



Oats

Oats are bland in flavor and mild in odor making them a well-tolerated food option during episodes of nausea.



Blueberries

Blueberries contain high amounts of various nutrient compounds such as flavonoids and resveratrol. Both may help to decrease the growth of various types of cancer cells.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Prep the Skillet

Lightly coat a non-stick skillet with cooking spray.

3. Combine Ingredients

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

4. Fold in Blueberries

Fold in remaining ½ cup blueberries. If egg mixture has touched hands, wash hands thoroughly.

5. Cook Pancakes

Heat skillet over medium-high heat. Working in batches, scoop batter into skillet using a ¼ cup measuring cup. Cook pancakes until bubbles form on the top and bottom is golden brown. Flip and cook for about 1-2 minutes, or until pancake is thoroughly cooked. Allow pancakes to cool before consuming as hot foods can be triggering or unappetizing with nausea.

6. Store

After 2 hours, store leftover pancakes in a covered container in the refrigerator. Pancakes will keep well for up to 3 days in the fridge.

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

Fatigue Buster

- Enlist in the help of a trusted friend or family member to make the pancakes.
- Try to make a double batch and freeze in single portions. Reheat in the microwave on days when energy levels are low to stay nourished.
- Omit using blueberries for a basic blender pancake recipe to help combat nausea.