



Healthy Plant-based Recipes:

Oat Blueberry Pancakes

Ingredients

- 2 ripe mashed bananas
- 2 ½ cups of Oat flour
- ½ cup of milk powder and ½ cup of water OR 1 cup of milk OR Vegan milk of your choice
- 4 eggs OR Flaxseed
- 1 cup frozen blueberries

Method

- Mash the bananas and add them to a bowl.
- Add in eggs and mix together, if using milk powder mix in now.
- Add in oat flour and stir to form a stiff batter,
- Add in enough milk of your choice (or water if using milk powder) to form a pourable batter.
- Cook in a frypan with olive oil, adding in a few blueberries to each one as you cook it.

Notes

- These are still tasty when cold and will store for a few days in an airtight container.
- Vegan Flaxseed Egg Recipe:
 - i. 1 Tbsp flaxseed meal (ground linseeds)
 - ii. 2 1/2 Tbsp water
 - iii. Mix together and let stand for 5 minutes, then use in place of one egg.