



# *Mini Blueberry Pancakes (Pancake Cereal)*

SWEETS & SMOOTHIES

Recipe serves 3-4 adults

Ingredients:

Version 1: Base recipe

The ingredients are simple and the texture is super moist. Eating them is like eating blueberry porridge/oatmeal in pancake form. You can go ahead and cook them with these ingredients but if you would like the pancakes to be more firm and cake-like then you'll need to add the ingredients (and take away half the oats) shown in version 2.

- Rolled Oats - 2 cups
- Baking powder - 2 tsp
- Water - 2 cups (for soaking your oats)
- Plant milk of your choice - ½ cup - 1 cup (depending on the thickness you desire, the less liquid the thicker the pancake)
- Ripe Banana - 1
- Frozen Blueberries - 1 cup

Topping ideas: Fresh blueberries and maple syrup

page 1 of 3



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Version 2: More cake-like texture

- Rolled Oats - 1 cup
- All-purpose gluten-free flour - 1 cup
- Plant milk of your choice - 1 cup - 1 ½ cup (depending on the thickness you desire, the less liquid the thicker the pancake)
- Baking powder - 2 tsp
- Water - 2 cups (for soaking your oats)
- Ripe Banana - 1
- Frozen Blueberries - 1 cup

Topping ideas: Fresh blueberries and maple syrup

Method:

Soak your oats, preferably overnight in order to assist in easier digestion - this is because phytic acid is one component in oats that helps them stay together through the digestive system. It effectively blocks the digestive enzymes in the body, phytic acid also binds to important minerals such as calcium, zinc, and iron making them difficult to absorb. Soaking helps to release enzymes that, begin breaking down phytic acid. The body can then absorb nutrients more easily.

Once soaked, you will have a thick mixture and the starch will have created a gluey texture (this is perfect!) then add baking powder and mix well. To your blender add the ripe banana, frozen blueberries, plant milk and rolled oats & baking powder mixture. Blend until smooth.

page 2 of 3



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For a more cake-like texture(version 2) to this mixture add all-purpose gluten-free flour and additional plant milk if required.

To a hot non-stick pan spoon  $\frac{1}{8}$  to  $\frac{1}{2}$  teaspoon amounts to create tiny pancakes. Once you can see bubbles rising to the surface and the mix has set around the edges, you're ready to flip them over. For this small size, you will only need another 30-40 seconds on the other side to cook them completely.

Then simply top with fresh blueberries and drizzle with maple syrup and enjoy!