

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 Preheat Oven**
Preheat oven to 200 °F and lightly coat a non-stick skillet with cooking spray.
- 2 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.
- 3 Add Remaining Blueberries**
Fold in remaining ½ cup of blueberries.
- 4 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.
- 5 Serve & Enjoy!**
Serve immediately.

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.