

Blueberry Chia Pancakes

8 ingredients · 20 minutes · 3 servings



Directions

1. Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
2. Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
3. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days, or freeze for up to two months.

Serving Size

One serving equals two to three 4-inch pancakes.

More Flavor

Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

Additional Toppings

Top with maple syrup, honey, cottage cheese, nut or seed butter.

No Banana

Use applesauce instead.

No Oat Milk

Use dairy or any alternative milk.

Batter Consistency

Add more milk if the batter is too thick, and more oats if the batter is too thin.

Ingredients

- 1 cup Oats
- 1/2 cup Oat Milk (unsweetened, plain)
- 1 Banana (medium)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 cup Frozen Blueberries
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	278	Calcium	212mg
Fat	11g	Iron	2mg
Saturated	2g	Vitamin D	14IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	2g	Thiamine	0.2mg
Monounsaturated	4g	Riboflavin	0.3mg
Carbs	39g	Niacin	1mg
Fiber	7g	Vitamin B6	0.2mg
Sugar	11g	Folate	28µg
Protein	8g	Vitamin B12	0.4µg
Cholesterol	62mg	Phosphorous	236mg
Sodium	206mg	Magnesium	70mg
Potassium	398mg	Zinc	1mg

Vitamin A	139IU	Selenium	13µg
Vitamin C	5mg		