



Healthy Scotch Pancakes

Makes 8-10 Pancakes



Ingredients

120g oats
30g mixed seeds (pumpkin, sesame, sunflower, linseeds)
1 medium banana
1 tsp baking powder
3 eggs
300ml dairy / coconut / almond milk
300g blackberries (optional)

Coconut or olive oil for frying

Topping Suggestions

Chopped nuts
Coconut flakes
Maple syrup
Natural yoghurt
Lemon juice
Chopped fruit
Almond butter
Stewed apple and cinnamon

Method

- Grind oats and seeds in a blender to make a coarse flour
- Mash the banana in a large bowl
- Add the oat / seed flour to the banana, and mix in the baking powder
- Add the eggs and mix well
- (Optional - blitz washed / frozen blackberries with the milk) and add this to the large bowl and mix with the batter ingredients. Or simply add the milk.
- Heat a little olive or coconut oil in a large frying pan and ladle three spoonfuls to make three separate scotch pancakes.
- Cook on a medium heat until the batter bubbles. Turn for a minute before serving.

These keep well for 3 days in the fridge or can be frozen for an easy mid-week breakfast or healthy snack.