

Blender Pancakes

Ready in 10 minutes these pancakes are as healthy as they come and even more delicious!

Prep:
5 minutes

Cook:
5 minutes

Ready In:
10 minutes

Servings:
2



Ingredients

1.5 cups rolled oats
2 bananas (very ripe and spotty)
1 tsp nutritional yeast
1/4 tsp salt
1 tsp vanilla extract
2 tsp baking powder
1/2 cup water

Instructions

- 1** First heat turn on a non-stick skillet to medium heat so it can warm up while we make the pancakes.
- 2** Add all of your ingredients into your blender and blend on high for 30 seconds or until very smooth (no chunks) Tip - add in your water and bananas first to help it blend better.
- 3** Pour about 1/4 cup of the batter on your hot skillet to make one pancake. Let it sit for 3-4 minutes on the first side. The easiest way to flip it is take your spatula and go under each side of the pancake all the way around until you can lift it off easily and then flip. (Make sure to leave enough room between pancakes so that you have room to do this)
- 4** Let the pancakes cook on the other side for 3-4 more minutes, depending on how brown you want them. Top with maple syrup and berries or coconut whip cream. Enjoy!
- 5** MORE COOKING TIPS! - if you are trying to flip the pancakes and you are getting stuck batter on your spatula they are not ready to flip. Always wipe off your spatula and make sure it is clean or else any batter on there will stick to the pancake and cause it to tear. Follow the ingredients, do not add more water, the thinner they are the less they will rise and the harder they will be to flip. If you do not have a great non stick pan use a tiny bit of coconut or avocado cooking spray or oil.