

# Gluten-free Blueberry Oat Pancakes

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- Makes 10 small pancakes.
- 2 cups rolled oats (buy Certified "gf" oats if you really want them to be gluten-free)
- 1/2 cup Genuine Health vegan vanilla protein powder
- 1 and a 1/4 cups almond milk
- 1 tbsp ground chia/flax
- 1 tbsp soft or melted coconut oil
- 1/4 tsp salt
- 1 tbsp cinnamon
- 1 tbsp honey

## Instructions:

1. Combine all ingredients into a high power blender. Note: The batter will be quite thick. This is how it is supposed to be.
2. Melt some more coconut oil on fry pan, about 1 tbsp. Place 1/4 cup approximately of batter on pan and spread/press down with the back of a spoon. Due to their thickness you can't just pour the batter on to the pan. Cook until sides are golden brown and then flip.
3. Top with warmed blueberries and real maple syrup. I used wild/frozen blueberries and warmed them on the stovetop.