

Blueberry Protein Blender Pancakes

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 1/2 cups oat flour*
- 1 tsp baking powder
- 1 tsp baking soda
- 1 scoop protein powder
- 2 cups non-dairy milk
- 1 cup blueberries, fresh or frozen (let thaw)
- 2 tbsp coconut oil

Instructions:

1. Place all ingredients, excluding coconut oil because that is the for the fry pan/skillet into a high power blender. Blitz until smooth and creamy.
2. If you don't have a blender, you can mix by hand.
3. Heat a frypan or skillet to medium and melt coconut oil. Pour approximately 1/4 cup pancake mix into the pan. Flip when soft bubbles begin to form on top. If the pancakes are burning too quickly, turn the temperature down and cook more slowly. Enjoy with all your favourite toppings.
4. I topped mine with blueberries, coconut whipping cream, dark maple syrup and cinnamon.

Notes:

Makes 12 Pancakes *You can make your own oat flour by putting 3-4 cups of oats into a blender or food processor and blitzing until very fine like flour. Search joyoushealth.com for the "coconut whipped icing"