

# Oat and Blueberry Pancakes

## An 'After School Club Healthy Snack' Recipe

*Recipe provided by Holistic Nutritionist Sarah Green*

2 1/2 cups	Buttermilk
2 1/2 cups	Oat Flour
5	Organic or Rree Run Eggs
2 tsp	Baking Soda
1 1/4 tsp	Pure Vanilla Extract
3/4 tsp	Salt
2 1/2 cups	Fresh or Frozen Blueberries
5 Tbsp	Coconut Oil

*Preheat oven to 200 degrees.*

*In a large bowl, combine everything but the blueberries and Coconut Oil. Whisk until just blended. Stir in the blueberries. Let stand for 10 minutes.*

*Heat 1 Tbsp of Coconut Oil in a non-stick frying pan over medium heat. Drop in 1/8 cup portions of the batter to make 3 - 4 pancakes each time. Cook until bubbles pop then flip and cook until brown. Place on a baking tray, cover with tin foil and put in oven to keep warm as you make the rest of the pancakes. Heat 1 Tbsp of Coconut Oil per batch.*

*Serve with Maple Syrup and sliced bananas.*

### **What makes this a Healthy Snack Sarah?**

"Oat flour is a nice, healthy alternative to wheat. These nutrition pancakes are freezable so you can make a quick batch and put them in the toaster for a quick, good-for-you breakfast! Coconut Oil has a high heat threshold, so there is no risk of trans fats. Buttermilk contains probiotics which are great at keeping your insides healthy." *Sarah Green, Holistic Nutritionist*

