



Blueberry Protein Pancakes

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: 4 pancakes without optional toppings

Ingredients

- 1 banana, peeled
- 4 eggs
- 1 tablespoon flax meal (ground flaxseed)
- 1 tablespoon baking powder
- ¼ teaspoon ground cinnamon
- 1 pinch salt
- 1 cup uncooked quick (1-minute) oats
- ½ cup fresh or frozen blueberries (do not thaw, if frozen)
- Nonstick cooking spray
- Optional toppings: Maple syrup, yogurt, unsalted butter, nut or seed butter, applesauce

Directions

1. In a medium mixing bowl, mash the banana with a fork.
2. Add the eggs, flax meal, baking powder, cinnamon, and salt. Whisk together with the fork to combine.
3. Add the oats and blueberries, then stir to combine.
4. Heat a nonstick skillet over medium heat, then coat the inside of the pan with nonstick cooking spray.
5. Working ¼ cup at a time and around the perimeter of the pan, portion the batter into the pan, leaving at least ½ inch between each portion of batter.
6. Cook on the first side until bubbles form and pop on the surface and the edges begin to dry, about 3-5 minutes. Flip and finish cooking on the second side, about 1-2 minutes.
7. Repeat steps 5-6 with any remaining batter.
8. Serve warm, adding toppings as desired.

Recipe Notes

- If desired, steps 1-3 can be done in a blender or with an electric mixer, stirring in the blueberries at the end.
- If you don't have quick oats, add 1¼ cup old-fashioned (rolled) oats to a food processor or blender and pulse or blend to a breadcrumb-like consistency.

**Nutrition Facts Per Serving: Calories: 300 | Total Fat: 10 g | Saturated Fat: 3 g
Sodium: 320 mg | Total Carbohydrate: 38 g | Dietary Fiber: 6 g | Protein: 15 g**

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