

Oat Blueberry Pancakes with Caramelised Bananas



Start your day with fluffy pancakes bursting with juicy blueberries, topped with caramelised bananas and Vitasoy Oat Yogurt Blueberry. Perfect for the whole family!

Recipe supplied by Vitasoy.

Ingredients

140g Vitasoy Oat Yogurt Blueberry

1/2 cup wholemeal spelt flour

1 teaspoon baking powder

1 tablespoon ground flaxmeal mixed with 3 tablespoons water

1 tablespoon maple syrup

1/2 banana, mashed

1/2 banana, cut into slices

1 tablespoon maple syrup

1/4 cup blueberries

Method:

1. Whisk together flour and baking powder in a small mixing bowl. Make a well in the flour, add egg, 1 teaspoon of maple syrup, banana and 2 tablespoons of Vitasoy Oat Yogurt Blueberry, reserve remaining for serving, and whisk until smooth and combined. If mixture is very thick, add 1 tablespoon water to loosen.
2. Heat a non-stick pan over medium heat. Add 1/4 cups of mixture to the pan and cook for 2-4 minutes or until air bubbles appear on the surface. Flip over and cook for a further 2-4 minutes or until browned and cooked through. Transfer to serving plate and keep warm.
3. Add banana slices to pan and pour over maple syrup. Cook for 2 minutes or until golden brown, turn over and cook for a further 2 minutes. To serve top pancakes with remaining yogurt, caramelised bananas and blueberries.