

Banana Chia Pancakes



These banana chia seed pancakes are light, fluffy, made with yoghurt and wholemeal flour and full of fibre thanks to the addition of chia seeds.

Ingredients

2 eggs

1 ½ Cup wholemeal self-raising flour

¼ tsp salt

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1 banana (puree)

1 ½ tbsp maple syrup

3 tbsp plain yoghurt

¾ cup oat milk or milk

2 tbsp chia seeds

Zest and juice of 1 orange

2 tbsp maple syrup

1 cup blueberries

Method:

1. Stir the orange juice, orange zest, and maple syrup together. Set aside for later.
2. Mix the flour and salt together in a bowl. Add the eggs, banana puree, maple syrup, yoghurt, chia seeds and oat milk, whisk together until everything is combined.
3. Heat a nonstick pan over a medium heat, grease the pan and pour about $\frac{1}{4}$ cup of batter to make each pancake. Cook for 3-4 minutes, when the batter forms bubbles on the top, flip the pancakes over and cook for another 2-3 minutes until cooked through.
4. Gently mix the blueberries with the sauce.
5. Plate up the pancakes and top with berries and sauce.