

Oat & berry pancakes

Packed with protein and dietary fibre due to the addition of cannellini beans and oats, these pancakes are filling, delicious and offer a balanced breakfast. I like to serve with Greek yoghurt, berries and a drizzle of maple syrup.

Serves 4

Prep: 20 min

Cook: 10 min

45g (½ cup) rolled oats

400g can cannellini beans, rinsed, drained

2 eggs

1 tbs maple syrup, plus extra to serve

75g (½ cup) plain flour (I used spelt)

2 tsp baking powder

185ml (¾ cup) milk of choice

1 tbs macadamia oil

Berries and Greek yoghurt, to serve

1 Process the oats in a small food processor or blender until finely ground. Transfer to a large bowl.

2 Process beans in same processor until smooth. Add eggs and maple syrup and process until well combined. Add to bowl with the oats.

3 Sift flour and baking powder over the oat mixture. Add the milk and whisk until a smooth batter. Set aside for 10 minutes.

4 Heat a large non-stick frying pan over medium-high heat and brush pan with a little oil. Ladle ¼ cup amounts of batter into pan. Cook until bubbles appear on the surface (about 2 mins) then turn and cook until light golden. Repeat to make 8 pancakes.

5 Serve topped with yoghurt, berries and a drizzle of maple syrup.

Tip: You can also make this batter into smaller pikelets for healthy lunchbox snacks. Rinsing the beans well before using will help improve digestibility for those with sensitive tummies.