

Breakfast

## Banana Blueberry Pancakes

Tessa O'Ferrell

**Serves:** 4

**Preparation Time:** 45 minutes

### Ingredients:

- 1 cup old fashioned rolled oats
- 1 1/2 cups unsweetened almond, hemp or soy milk
- 2 ripe bananas
- 1/2 cup whole wheat flour
- 1 tablespoon flaxseed meal
- 4 teaspoons baking powder
- 1/4 teaspoon lemon extract (optional)
- 1 cup blueberries

### Instructions:

In a blender, combine oats and almond milk for 20-30 seconds.

Add remaining ingredients (except blueberries) and blend for an additional 20-30 seconds. Allow batter to sit for 10 minutes.

Cook pancakes on non-stick pan or skillet. Top with blueberries during cooking if desired.

Note: If you are using large bananas, add an additional 2 Tbsp of flour to the batter, otherwise your pancakes will be too thin.

### Per Serving:

CALORIES 244; PROTEIN 8g; CARBOHYDRATES 48g; TOTAL FAT 4.4g; SATURATED FAT 0.6g; SODIUM 40mg; FIBER 7.1g; BETA-CAROTENE 28ug; VITAMIN C 9mg; CALCIUM 346mg; IRON 6.7mg; FOLATE 22ug; MAGNESIUM 62mg; ZINC 1mg; SELENIUM 10.4ug

Dr. Fuhrman

