

BLUEBERRY PANCAKES

INGREDIENTS

ITEM	QUANTITY
Rolled Oats	1 Cup
Baking Powder	1 Tsp.
Cinnamon	½ Tsp.
Salt	¼ Tsp.
Large Eggs	2
Lactose-free Milk	½ Cup
Lactose-free Greek Yogurt	¼ Cup
Maple Syrup	1 Tbsp.
Vanilla Extract	1 Tsp.
Blueberries	½ Cup
Butter or Olive Oil, for cooking	1 Tsp.

SERVING SIZE **3 PANCAKES**

PREPARATION

- Add the rolled oats to a blender and blend until they form a fine flour.
- In a bowl, combine the oat flour, baking powder, cinnamon, and salt.
- In a separate bowl, whisk together the eggs, lactose-free milk, Greek yogurt, maple syrup, and vanilla.
- Add the wet ingredients to the dry ingredients and stir until just combined.
- Gently fold in the blueberries.
- Let the batter rest for 3-5 minutes.
- Heat a lightly greased skillet over medium heat.
- Pour about ¼ cup of batter into the skillet for each pancake.
- Cook for 2-3 minutes, until bubbles form and the edges are set. Flip and cook for another 1-2 minutes.
- Repeat with the remaining batter and serve warm.

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