

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.

EASY	10 MINUTES	15 MINUTES	10

Ingredients

- 2 eggs
- 1 ½ cups wholemeal self-raising flour
- ¼ tsp salt
- 1 banana, mashed
- 1 ½ tbsp maple syrup
- 3 tbsp plain yoghurt
- ¾ cup oat milk or regular milk
- 2 tbsp chia seeds
- Zest and juice of 1 orange
- 2 tbsp maple syrup (for the sauce)
- 1 cup blueberries

Instructions

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 ¼ 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.