



OAT AND APPLE PANCAKES

Courtesy of: Lorna Garden. First published on lornagarden.com



Ingredients:

- ½ cup oats
- ½ cup quinoa flakes
- ½ apple chopped
- 1 tbsp pecans
- 1 tsp cinnamon
- 1 tsp baking powder
- 1 egg, beaten
- 2 tsp maple syrup if desired
- ¾ cup milk/almond milk (plus little extra if required)

Method:

1. Put oats, quinoa, apple and pecans in food processor and blend for 5-10 seconds until broken down
2. Mix in cinnamon, egg, maple and milk.
3. Leave to sit for approx. 15 mins (if you have time!) and then add additional milk if required to get good pancake consistency. Meanwhile heat non stick pan to medium/hot temperature.
4. Cook for 2-3 minutes each side.

Nutrition Information

Serves 4 people

Nutrient	Per serve
Energy	787 kJ
Protein	7.8 g
Fat	5 g
Saturated Fat	1.7 g
Carbohydrate	26 g
Sugar	8.5 g
Fibre	3.3 g

HOT TIPS



Pancakes make a great pre – exercise meal or a recovery snack, or simply a lazy Sunday brunch. This version is less refined, has more fibre, more nutrients and more protein not to mention bucket loads of flavour !