

Breakfast

RECIPE CARD

Chocolate and Blueberry Pancakes

RECIPE NAME

Breakfast

MEAL TIME

5 minutes

PREP TIME

10 minutes

TIME TO COOK

Feel free to be creative with your pancakes! Keep the base ingredients the same and explore different flavours and toppings!

NOTES






404kcal
per serving

CALORIES

INGREDIENTS

- ★ 40g Oats
- ★ 1-2 tsp of Sweetener (*optional*)
- ★ 1/2 tsp Baking Powder
- ★ 1 tsp Vanilla Extract
- ★ 2 tbsp 0% Fat Greek yogurt
- ★ 2 large Eggs
- ★ 40g Blueberries
- ★ 4 chunks of Chocolate (*grated*)

METHOD

-  If you can, blitz your oats into a powder.
-  Whisk all the ingredients together really well in a big bowl, add half of the blueberries to this mixture.
-  Heat a nonstick frying pan over moderately high heat and spray it well with low-calorie cooking spray.
-  Pour into the frying pan, little puddles of batter, cooking 2-3 pancakes at a time. Don't try to move them until the sides are set and there is an even spread of air bubbles across the surface of the pancakes.
-  Once cooked, add the rest of the blueberries and grated chocolate on top and serve.