

# Cookery Blog Post : 7 Ingredient Healthy Pancakes

## By Emma

Hello chefs!

Welcome to our first cook along, where we will be making one of my all-time favourite breakfast dishes: pancakes!

I came across this version a few years ago, when I was eating dairy and gluten free. It's super simple so once you've done it a few times, you don't really need the recipe anymore! Most of the time I just eyeball it, and you can do the same to tailor your pancakes to the fluffiness/thickness you prefer. Using a blender also makes the clean-up very easy, but don't worry! If you don't have a blender, you can still follow the recipe, you'll just need to make a few adjustments.

So, let's get stuck in! You will only need 7 ingredients for this recipe, and even then, some of these are optional! They are oats, banana, eggs, yogurt, baking powder, vanilla extract, and cinnamon. The recipe will work without the vanilla, baking powder, and yogurt, although you will need some more oats to counteract the lack of raising agent.

Ingredients:

- 1 Large banana
- 2 medium eggs
- ½ Cup oats
- 1 teaspoon vanilla extract
- As much cinnamon as you'd like!
- 2 heaped tablespoons yogurt
- 1 teaspoon baking powder

Here are your steps:

1. Pop your banana, eggs, oats, vanilla, cinnamon, yogurt, and baking powder in the blender (I always add the baking powder last to make sure it doesn't activate too early)
2. Blend until smooth, and leave batter to rest as your pan heats up
3. Add 1 tablespoon of oil to your pan (I like to use coconut oil as it's natural and adds a little hint of coconut!)
4. Add about 1.5 heaped tablespoons of batter per pancake
5. Fry until little bubbles form and flip
6. Top with fruit/honey/yogurt/peanut butter/whatever you like!

## Things to note:

- If you don't have a blender, you have two options: you can either buy oat flour, or you can leave the oats as is and have more of an 'oatmeal cookie' texture pancake
- If you don't have a blender, make sure you mash up your banana as much as possible with a fork before mixing
- I like to use 0% Fat Greek Yogurt for this recipe as it keeps the fat content down, and makes the pancakes a little bit thicker
- If you don't include the baking powder, your pancakes will be a bit runnier and not rise as much, but they will still be delicious!