



GYMWOLFPT



Light Pancakes, 3 servings



(1 Serving)

- 1 cup oat flour
- 200 ml milk
- 1 egg
- 1 tbsp coconut sugar
- 1 tbsp baking powder
- 1/8 tsp salt
- few drops of vanilla extract
- 3 tbsp maple syrup
- 1 banana, sliced

Kcal	283
Protein	9
Fat	5
Carbs	53

1. Whisk together egg and coconut sugar using a whisk attachment of a hand blender in a hand blender beaker until doubled in size. Add the milk and vanilla extract to the beaker and continue to whisk.
2. Add oat flour and baking powder to the mixture, continue whisking until smooth pancake batter.
3. Heat the non-stick pan over medium heat. Scoop the batter onto the pan, approximately 3 tablespoons for each pancake. Cook until bubbles form on the top side then flip it and cook until golden brown on the other side. Repeat the process for the remaining batter.
4. Serve with maple syrup and banana slices.



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