



## CLV Blender Blueberry Pancake

6 servings  
20 minutes

### Ingredients

- 2 cups Oats
- 1 cup Oat Milk (unsweetened, plain)
- 2 Banana (medium)
- 2 Egg (large)
- 2 tps Baking Powder
- 2 cups Frozen Blueberries
- 3 tbsps Chia Seeds
- 2 tbsps Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Fat	11g
Carbs	39g
Fiber	7g
Sugar	11g
Protein	8g

### Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 2 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days, or freeze for up to two months.

**Serving Size:** One serving equals two to three 4-inch pancakes.

**More Flavor:** Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

**Additional Toppings:** Top with maple syrup, honey, yogurt, nut or seed butter.

**No Banana:** Use applesauce instead.

**No Oat Milk:** Use any alternative milk like almond milk, soy milk, etc.

**Batter Consistency:** Add more milk if the batter is too thick, and more oats if the batter is too thin.