

beauty food.

PEANUT NUTTER BLUEBERRY PANCAKES

Recipe



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SERVES 2

✓ GLUTEN-FREE ✓ DAIRY-FREE

2.9G SUGAR/SERVE

PREP ~ 2 MINS COOK ~ 15 MINS

These easy blender pancakes are a quick brekkie filled with nourishing wholefoods and topped with our collagen infused Berry Bombshell Cookies and Peanut Nutter Nut Butter, which will help support healthy hair, skin and nails. They contain lots of good fats and are very low in sugar so they'll keep you fueled until lunchtime.

INGREDIENTS

PANCAKES

- 2 large free-range eggs
- 2 small ripe bananas
- 3/4 cup rolled oats
- ½ teaspoon baking powder
- ½ teaspoon vanilla powder or 1 teaspoon vanilla extract
- Pinch sea salt
- Coconut oil, or extra virgin olive oil, for frying

TOPPINGS

- 2 tablespoons Beauty Food Peanut Nutter Nut Butter
- 1 cup blueberries, fresh or frozen
- 2 tablespoon shredded coconut
- 2 packets Beauty Food Berry Bombshell Cookies

METHOD

Add all ingredients (besides the oil) for the pancakes into a blender and blend until you form a smooth batter. Add a little more milk if you need to bring the mixture together.

Heat a large frying pan over low-medium heat and add in a little oil (either coconut or olive oil). Scoop up ¼ cup of pancake batter and add to the pan once hot. You should be able to fit three pancakes at once. Cook for 2 minutes, until bubbles form on the top, then flip. Cook for another 1 minute until golden brown. Set pancakes aside and continue with the remaining mixture.

Divide the pancakes between two plates. Top with blueberries, a drizzle of Beauty Food Peanut Nutter Nut Butter, coconut and crumble over the Beauty Food Berry Bombshell Cookies to serve.