Lemon-Berry Pancakes

About the Recipe

360 Calories · 15 g Protein · 14 g Fiber
Breakfast

Ingredients

Makes 4 Servings

- 2 1/8 c (221 g) oat flour
- 1/3 c (27 g) rolled oats
- 1 tbsp (15 mL) ground chia seeds
- 1 tbsp (15 mL) baking powder
- 1/8 tsp (0.6 mL) sea salt
- 1/2 tsp (2.5 mL) grated lemon zest
- 1 1/2 tsp (7.5 mL) freshly squeezed lemon juice
- 2 c (475 mL), more if needed vanilla low-fat plant milk of choice
- 1 c (150 g) frozen or fresh raspberries, blackberries, or blueberries

Directions

1. In a large bowl, combine 2 c (208 g) of the flour, rolled oats, and ground chia.
2. Sift in the baking powder, then add the salt. Stir to combine.
3. Add the lemon zest, juice, and milk and whisk until combined.
4. Add the berries and gently stir to incorporate.
5. Lightly oil a nonstick skillet (simply wipe oil onto the pan using a paper towel; if you have a very good nonstick pan you won’t need much). Heat the pan over medium-high heat for a few minutes, until hot. Reduce the heat to medium or medium-low and let rest for a minute.
6. Using a ladle, scoop 1/4- to 1/3-c (60- to 80-mL) portions of the batter into the skillet.

7. Cook the pancakes for several minutes, until small bubbles form on the outer edges and in the centers, and the pancakes start to look dry on the top. (Wait until those bubbles form, or the pancakes will be tricky to flip.) Once ready, flip the pancakes and lightly cook on the other side, about a minute.
8. Repeat until all the batter is used.
9. Milk Note: As you use up the batter, you'll notice that it becomes much thicker. So, add an extra tablespoon of milk as needed to thin the mixture as you work through batches.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 348 kcal
Fat: 7.5 g
    Saturated Fat: 1 g
    Calories From Fat: 18%
Cholesterol: 0 mg
Protein: 10 g
Carbohydrates: 62 g
Sugar: 11 g
Fiber: 11 g
Sodium: 511 mg
Calcium: 494 mg
Iron: 4.5 mg
Vitamin C: 12 mg
Beta-Carotene: 28 mcg
Vitamin E: 6 mg