

Banana chia pancakes with fresh fruit

Description

There was a morning in Portugal, a big wooden table out on the terrace, plates being passed down the line, a cozy warm little chaos, grabbing stuff from the table. A pile of small pancakes came in and all the kids eagerly grabbed some, this is when I properly understood something. These banana pancakes, soft, golden, piled with berries, were the thing everyone reached for twice. And they were actually good for us, not a â€œhealthy version ofâ€• pancakes, just genuinely tasty and nourishing at the same time. Theirs happened to be vegan, mine usually isnâ€™t (I like an egg in there), but the idea stuck either way.

I came home and started making my own banana pancakes with chia as the magical touch, making it banana chia pancakes. Mashed banana, a handful of oats, an egg if youâ€™ve got one, blended into a batter that comes together faster than youâ€™d think. Stir in the chia seeds and top with blueberries, strawberries, walnuts and seeds and thatâ€™s it, no biggie. These banana chia pancakes have definitely become a regular in our breakfast rotation ever since. A must addition for us are chia seeds & turmeric. Why chia seeds, read this, and you will know. Below my latest version!

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Nourishment

Fiber: high
Veggie level: n/a
Keeps you full: yes
Energy: steady
Mood: nostalgic & comforting

4 Banana chia pancakes

Details

Servings
2 servings

Prep time
5 minutes

Cooking time
10 minutes

Protein
~14-18g per serving (2 pancakes)

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Ingredients

- Â½ banana
- Â½ cup oats, blended or ground
- Â½ tsp baking powder
- 3-4 tbsp milk (can be any milk)
- 1 egg (optional)

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- 1 tbsp Chia seeds
- **Optional boosters**
- 1 tbsp Flax seeds
- 1 tsp Turmeric powder
- Coconut flakes
- **Optional toppings**
- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Yogurt or Quark
- Walnuts

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Directions

- Blend the banana, oats, baking powder, milk and egg (if using) in a small blender until smooth and thick. If using, add the flaxseed and turmeric too. Alternatively, mash the banana well with a fork, then whisk in the oats (blended into a rough flour first, or use oat flour), baking powder, milk and egg until combined.
- Stir in the chia seeds by hand.
- Heat a non-stick pan over medium heat and spoon in small pancakes, cook for 2-3 minutes per side until golden. (in butter, coconut oil or other oil)
- Serve warm, topped with blueberries, strawberries, walnuts, seeds and a spoonful of yogurt or quark.

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