



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 “healthy version of” pancakes, just genuinely tasty and nourishing at the same time. Theirs happened to be vegan, mine usually isn’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 you’ve got one, blended into a batter that comes together faster than you’d think. Stir in the chia seeds and top with blueberries, strawberries, walnuts and seeds and that’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!



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

- ½ banana
- ½ cup oats, blended or ground
- ½ tsp baking powder
- 3-4 tbsp milk (can be any milk)
- 1 egg (optional)

- 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



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.