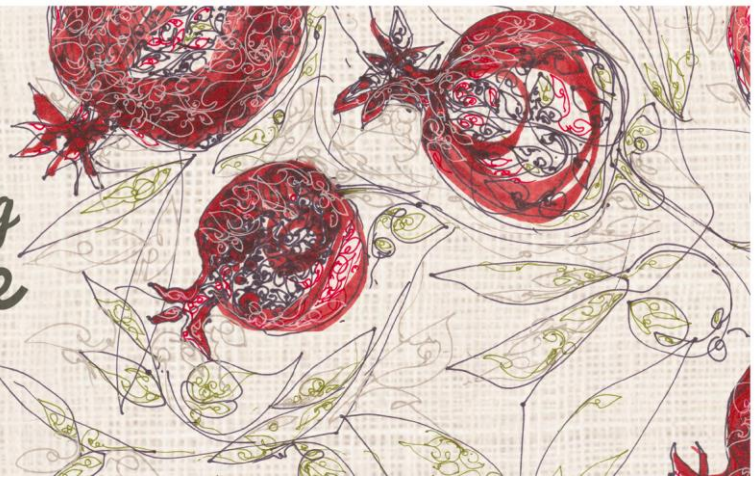




Creating  
an  
appetite  
for life



## Oat & Buttermilk Pancakes

**Preparation** 15 minutes **Cooking** 25 minutes **Makes** 100 pancakes at 20g cooked weight each – serves 20

**Cost** \$1.60 per 5 pancakes (based on retail prices) **Season** Any **Ability** Easy **Best** Fresh **Equipment** Stove top

*Tip: Make big or small pancakes and be creative with you toppings. Keep any leftovers for an afternoon snacks.*

### Ingredients

1550ml buttermilk  
2.5 cups rolled oats  
 $\frac{3}{4}$  teaspoon sea salt  
3  $\frac{1}{3}$  cups spelt flour  
5 teaspoons baking powder  
2.5 teaspoons bi-carb soda  
10 tablespoon brown sugar  
10 eggs  
10 egg whites  
10 tablespoons Extra Virgin Olive Oil  
2 small lemons zested  
2.5 teaspoons vanilla bean paste or essence



### Method

1. Pour buttermilk over oats and leave for 10 minutes.
2. In a fresh bowl, combine the flour, baking powder, bicarb and sugar, stir into the oat mix.
3. In a separate bowl whisk together the eggs, whites, oil, vanilla and lemon until light.
4. Add to oat mix.
5. Place a drizzle of olive oil in a pan and allow to sizzle.
6. Pour tablespoons of pancake mix into pan and cook until golden brown on first side and then flip over and repeat.
7. Allow to cool a little and serve with your favourite topping.