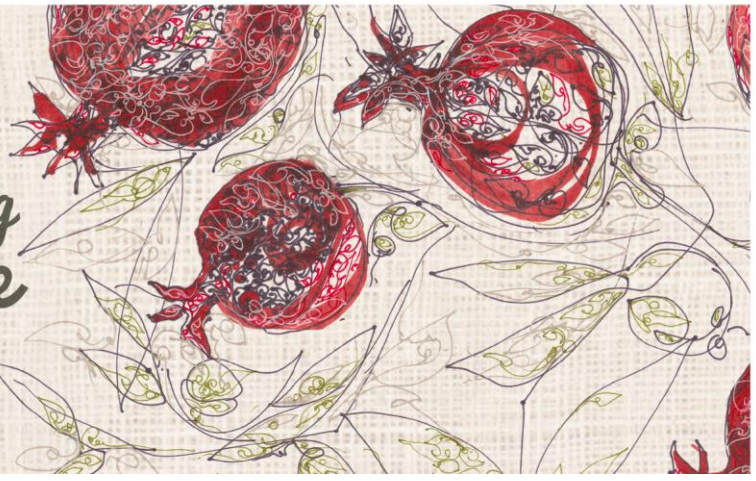




Creating
an
appetite
for life



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

Ingredients

1550ml buttermilk
2.5 cups rolled oats
 $\frac{3}{4}$ tsp 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

Pour buttermilk over oats and leave for 10 minutes.

In a fresh bowl, combine the flour, baking powder, bicarb and sugar, stir into the oat mix.

In a separate bowl whisk together the eggs, whites, oil, vanilla and lemon until light. Add to oat mix.

Place a drizzle of olive oil in a pan and allow to sizzle.

Pour tablespoons of pancake mix into pan and cook until golden golden brown on first side and then flip over and repeat.

Allow to cool a little and serve with your favourite topping.