

Kid-Friendly Blender Pancakes with Fruit Puree *recipe provided by Ashley Shaw*

Yields ~10 pancakes

Pancake Ingredients:

2 cups oats
2 ripe bananas
1 ½ cup low fat milk (or unsweetened nut milk of your choice)
½ teaspoon cinnamon
1 tablespoon maple syrup
¼ teaspoon sea salt
1 teaspoon vanilla extract
1 ½ teaspoon baking powder
1 egg
Coconut oil (in spray form if possible)*

Puree Ingredients:

1 cup fresh berries, such as raspberries or blueberries
2 teaspoon maple syrup
1/8 teaspoon sea salt

Directions:

1. In a blender, combine pancake ingredients except egg and coconut oil. Once your desired consistency is achieved, add in egg and blend on low speed until just blended.
2. Add all puree ingredients into a gallon sized Ziploc bag and seal well.
3. Using your hands, massage the Ziploc bag until berries are crushed and ingredients are well blended.
4. Heat a skillet pan over medium-high heat and spray with coconut oil.
5. Pour pancake mixture right from blender onto skillet, about 1/3 cup will yield flip-able flapjacks.
6. Cook on each side until bubbles pop, about 3 minutes. Transfer to a plate and cover with foil until all pancakes are cooked.
7. Using a scissor, cut one of the corners off the Ziploc bag, about ¼ inch up. Use this new hole in the bag to pipe your fruit puree over the warm pancakes.
8. Enjoy!!!

*I choose coconut oil for its slightly sweet taste and high heat capacity.

**Place wet ingredients in blender first so the oats don't get stuck at the bottom!

*** Personalize these pancakes for mom by adding her favorite chopped nuts or chocolate chips to the pancake batter after blending!

Created by Ashley Shaw MS, RD, CDN Retail Registered Dietitian for ShopRite of Vails Gate, NY