

Banana Berry Lemon Pancakes

🕒 Preparation 10 minutes 🕒 Total 5 minutes 1 portion

Ingredients

| | |
|--|--|
| or | or |
| 1 small unit (6" to 6-7/8" long) of bananas, raw (101 g) | 1 scoop of beverages, Protein powder soy based (45 g) |
| or | or |
| 3 units of strawberries, raw (36 g) | 1/2 cup of oats (78 g) |
| or | or |
| 30 grams of blueberries | 1 cup of beverages, almond milk, unsweetened, shelf stable (262 g) |
| or | or |
| 2 measures of lemon juice, fresh (20 g) | 1 large unit of egg, whole, raw, fresh (50 g) |
| or | |
| 1 teaspoon of oil, coconut (3 g) | |

Cooking method

- 1
Blitz all items except for the blueberries and Lemon juice in a Nutribullet or blender
- 2
Cook as 2 pancakes, these can be either cooked in advance and kept in the fridge, or eaten warm
- 3
Put the blueberries / strawberries in the microwave and add into the middle of the pancakes, squirt the lemon juice on top and roll up to eat.
- 4
The pancakes will be super sweet and juicy