

## BLUEBERRY OATMEAL PANCAKES (GF) WITH CITRUS CURD

Nutty oat flour pancakes, filled with blueberries and topped with a fresh citrus curd.

 30 minutes 1 hour 11 portions

### INGREDIENTS

- Juice and zest from three lemons and one orange, about 1 cup of juice and 4 tbsp zest
- 4 large eggs
- 1 stick salted butter (softened)
- 3/4 cup granulated white sugar
- 1/2 tsp Kosher salt
- 2 cups dry oats, old-fashioned or instant
- 2 teaspoons granulated sugar
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon Kosher salt
- 1 cup 2% milk (or dairy-free milk)
- Juice of one lemon (about 2 tablespoons or 1 fluid ounce)
- 1 tablespoon melted butter
- 2 large whole eggs
- 2 cups fresh blueberries
- Fresh whipped cream, for serving (optional)

### COOKING METHOD

- 1° In a food processor, combine the first five ingredients until smooth and blended (you don't have to worry about the zest, it will be strained out later).
- 2° Pour the raw curd into a medium saucepan. Transfer the pot to the stove and slowly heat to medium (do not preheat the pan, as it may curdle the mixture).
- 3° Over medium heat, stirring continuously, cook the curd until it begins to thicken (about 10 minutes). Do not let the curd come to a boil (the mixture will release steam).
- 4° Strain the curd through a fine-mesh sieve into a glass bowl. Cover the curd with a piece of plastic wrap, so that it is touching the curd (to prevent a skin from forming).
- 5° Cool the curd in the refrigerator. Curd can be made in advance and left in the fridge for up to three days. Makes about 2.5 cups.
- 6° While the curd is cooling, prepare the pancakes; in a food processor, combine the oats, sugar, baking powder, salt, cinnamon, and nutmeg until the oats are very finely ground. If you are using oat flour, substitute in place of oats and combine with above ingredients in a large bowl until mixed.
- 7° In a separate bowl, combine the milk, lemon juice, eggs, and butter, and stir to combine (the mixture will curdle). Add the dry ingredients to the wet ingredients and stir to combine. Pour in the blueberries, stir gently, and let the mix rest for 10 minutes.
- 8° Preheat an electric griddle to 350 degrees or a flat pan to medium heat. Use butter, oil, non-stick spray to lightly coat the pan or griddle.
- 9° Using a 1/4 cup measure, scoop pancake mixture onto preheated pan or griddle. Cook until the edges are light brown and the tops start to dry out, about 3-4 minutes, then flip and cook 3-4 minutes on the other side.
- 10° Transfer the first batch to a cookie sheet lined with cooling racks, and pancakes can be left in a warm oven (200 degrees F) while the second batch is cooking.
- 11° Serve the pancakes with the lemon curd, and whipped cream (if desired). Makes 11 3-inch pancakes.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (158 g)	% DRI
ENERGY	205 kcal	325 kcal	16 %
FAT	9 g	15 g	23 %
FATTY ACIDS, TOTAL SATURATED	5 g	8 g	38 %
CHOLESTEROL	81 mg	128 mg	43 %
SODIUM	271 mg	428 mg	18 %
CARBOHYDRATE	26 g	41 g	14 %
SUGARS	11 g	18 g	—
FIBER	3 g	4 g	16 %
PROTEIN	6 g	10 g	—