



Oaty Yoghurt Pancakes

Dr Laura Wyness

SERVES: 2

TIME TO MAKE: 30 MINS

ALLERGENS: EGG, MILK

Hamlyns of Scotland, a family-owned business, has been producing oats in Scotland since 1965.



Ingredients

- 40g oat flour (blitz Hamlyns Scottish Porridge Oats for a few seconds in a blender to make flour)
- 1 tsp baking powder
- 2 medium eggs, beaten
- 100g low fat Greek yoghurt (4 tablespoons)
- ½ tsp cinnamon
- 1 tsp vanilla essence
- Oil for cooking (e.g. a rapeseed or vegetable oil)

Notes

These are delicious served with your preferred toppings: e.g. sliced banana, berries, yoghurt, a drizzle of nut butter and/or a sprinkle of mixed nuts and seeds.

Method

1. Mix all the dry ingredients together – i.e. the oat flour, baking powder and cinnamon.
2. In a separate bowl, beat up the eggs using a whisk until light and fluffy, then add in the vanilla essence and yoghurt.
3. Add the eggs and yoghurt mix to the dry ingredients and mix thoroughly.
4. Heat your pan on a medium heat – a heavy based pan is best – wipe it with a little oil if the pan is not non-stick.
5. Put a ladle or a big spoonful of batter onto the pan. When bubbles start to form on the surface, flip to cook the other side. Each side should take about 3 minutes and should be golden in colour.
6. Serve and enjoy with a topping of your choice.

	ENERGY	FAT	SAT FAT	SUGARS	SALT	CARBS	PROTEIN	FIBRE
	259 kcal	12 g	2.6 g	3.2 g	0.89 g	17 g	18 g	0.89 g
%RI	13%	17%	13%	4%	15%	7%	36%	15%

Per 1 serving (138 g)

Reference Intakes (%RI) is based on an average adult woman (2000 kcal/8400 kJ)