

Avocado, Banana, Greek Yogurt Pancakes



Serves 2-4

Ingredients

- ½ cup + 2 tablespoons rolled oats
- 1 tablespoon ground flaxseed
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- ¼ ripe avocado – peeled, pitted
- 1 tablespoon unsweetened coconut (optional)
- 1 egg
- ¼ cup Greek yogurt
- ½ banana
- 2 tablespoons unsweetened coconut milk (or any milk)
- ½ teaspoon pure vanilla extract
- Other ½ of banana – peeled and chopped
- ¼ avocado – peeled, pitted and chopped
- 2 teaspoons 100% pure maple syrup
- Cashew or almond butter (optional)

Preparation

1. Add all dry ingredients except avocado and coconut to a small bowl and mix together
2. Add wet ingredients to a blender and blend on high for 10 seconds.
3. Add ½ of the dry ingredients to the blender and blend again for 10 seconds. Add the other ½ and blend again for 10 seconds or until well combined.

