

Family friendly



# Almond and honey pancakes

*Serves 1*

25g ground almonds

20g rolled oats

½ tsp baking powder

1 medium egg

45ml unsweetened almond milk

3 tsp honey

Pinch of salt

½ tsp coconut oil

1 tbsp yoghurt, such as Greek, natural, soya

70g blueberries

## Method

Combine the ground almonds, rolled oats, baking powder, egg, almond milk, 1½ tsp of the honey and a pinch of salt in a liquidiser and blend until smooth. Melt the coconut oil in a non-stick frying pan and fry large spoonfuls of the batter for 1 minute until bubble form on the surface, then flip and cook for a further 30 seconds. Repeat with the remaining batter then stack up and top with the yoghurt. Drizzle over the remaining honey and serve with the blueberries.

## Tip

Don't make the pancakes too big or they'll be difficult to flip and won't cook evenly.

## Alternative ingredients

To make this nut-free, swap the ground almonds for the same amount of desiccated coconut.