



A great alternative to wheat flour pancakes but with the same, if not more ;) bounty of flavor! Savor my banana and cardamom oat pancakes.

Ingredients

1 1/2 cup of oats

2 tablespoons of sugar

1 egg

A handful of desiccated coconuts

3/4 cup of milk

1 banana

1/2 a teaspoon of cardamom seeds

Method

In a food processor, add your oats. Blitz them until they are just pulverized. I prefer mine to be semi fine as I prefer to have a bit of texture in my pancakes.

Put the oat flour into a bowl. Add your desiccated coconut and mix it in. Crush your cardamom and add it to the bowl followed by the sugar. Mix this all through until evenly mixed.

Beat your egg and add it to the bowl together with the milk and mix it all in. You can of course adjust the milk:oat ration until it reaches the preference you want.

Ladle the batter onto your pan. Before it sets, add some banana slices on the pancake surface facing you then proceed to cook as usual. You can use any other fruit. Give each side about 3 minutes on the heat then serve.



SERVE WITH: hot tea/ coffee/ milk
