

Lemon Poppyseed Pancakes



TOTAL TIME

15 mins



COURSE

Breakfast, Snacks



SERVINGS

7 servings

CALORIES

365 kcal

INGREDIENTS

- 2 $\frac{1}{3}$ c oat flour
- 1 $\frac{3}{4}$ c vital wheat gluten for gluten-free, use GF protein powder
- 3 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- 1 tsp vanilla extract
- 3 tsp lemon zest
- 3 Tbsp poppy seeds
- 4 $\frac{1}{2}$ c unsweetened non-dairy milk for soy-free, use soy-free plant-based milk
- 7 c blueberries frozen is ok
- stevia to taste (optional)

INSTRUCTIONS

1. In a large bowl, whisk together the oat flour, vital wheat gluten, baking powder, baking soda, and poppy seeds.
2. In another bowl, mix the soy milk, vanilla extract, and lemon zest.

3. Pour the wet ingredients into the dry ingredients and stir until just combined. Avoid overmixing; a few lumps are okay.
4. Let the batter rest for 5–10 minutes while you prepare the blueberries.
5. Heat a medium saucepan over medium heat and add your blueberries and ½ c water .
6. Cook, stirring frequently until the blueberries are “melted”, about 6 minutes.
7. Optionally, add stevia to the blueberries to taste.
8. Pour ¼ cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface and the edges look set (about 2–3 minutes).
9. Flip the pancakes and cook for another 2–3 minutes, or until golden brown. Repeat with the remaining batter.
10. Split pancakes into 7 tupperware containers and top evenly with blueberries before serving.

NUTRITION

Nutrition Facts

Lemon Poppyseed Pancakes

Amount Per Serving (1 serving)

Calories 365 Calories from Fat 72

% Daily Value*

Fat 8g **12%**

Carbohydrates 45g **15%**

Protein 31g **62%**

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!