

Porridge Pancakes



Porridge Pancake Muffins



## Ingredients

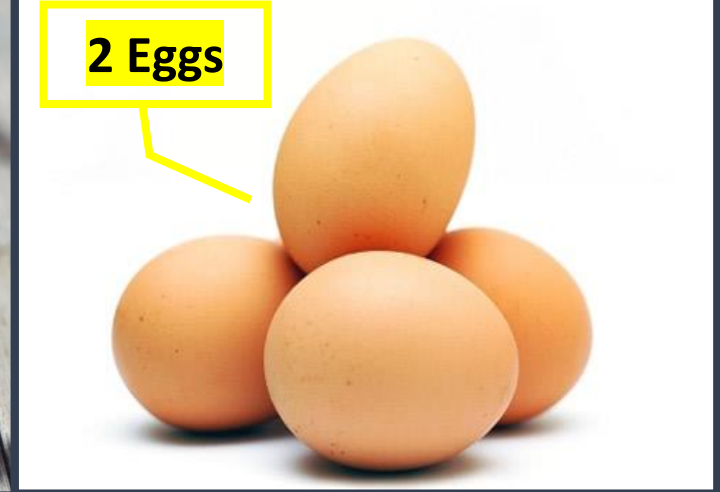
40g Porridge oats



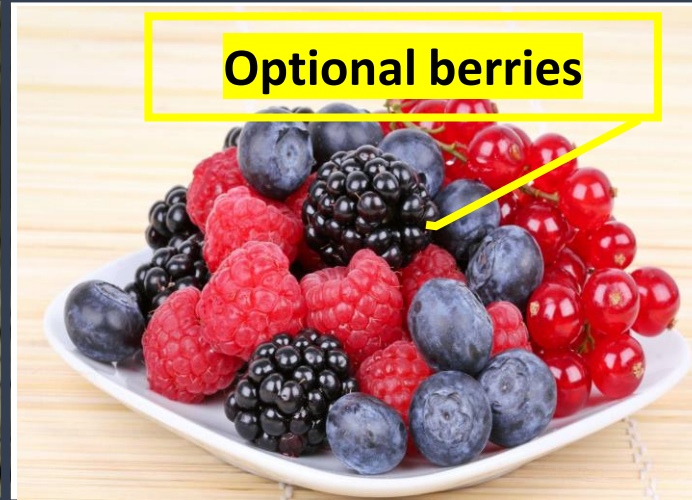
~110g Fat free yogurt



2 Eggs



Optional berries



Optional tsp sweetener



Dash of vanilla extract

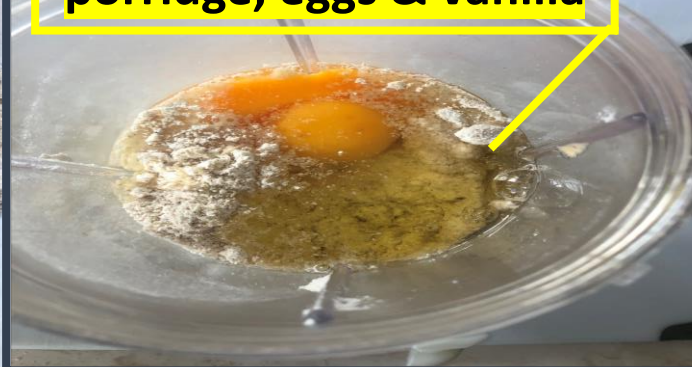


## Steps

**Blitz the porridge into a powder**



**Add the yogurt, porridge, eggs & vanilla**



**Blitz to a batter**



**Fry like normal pancakes**



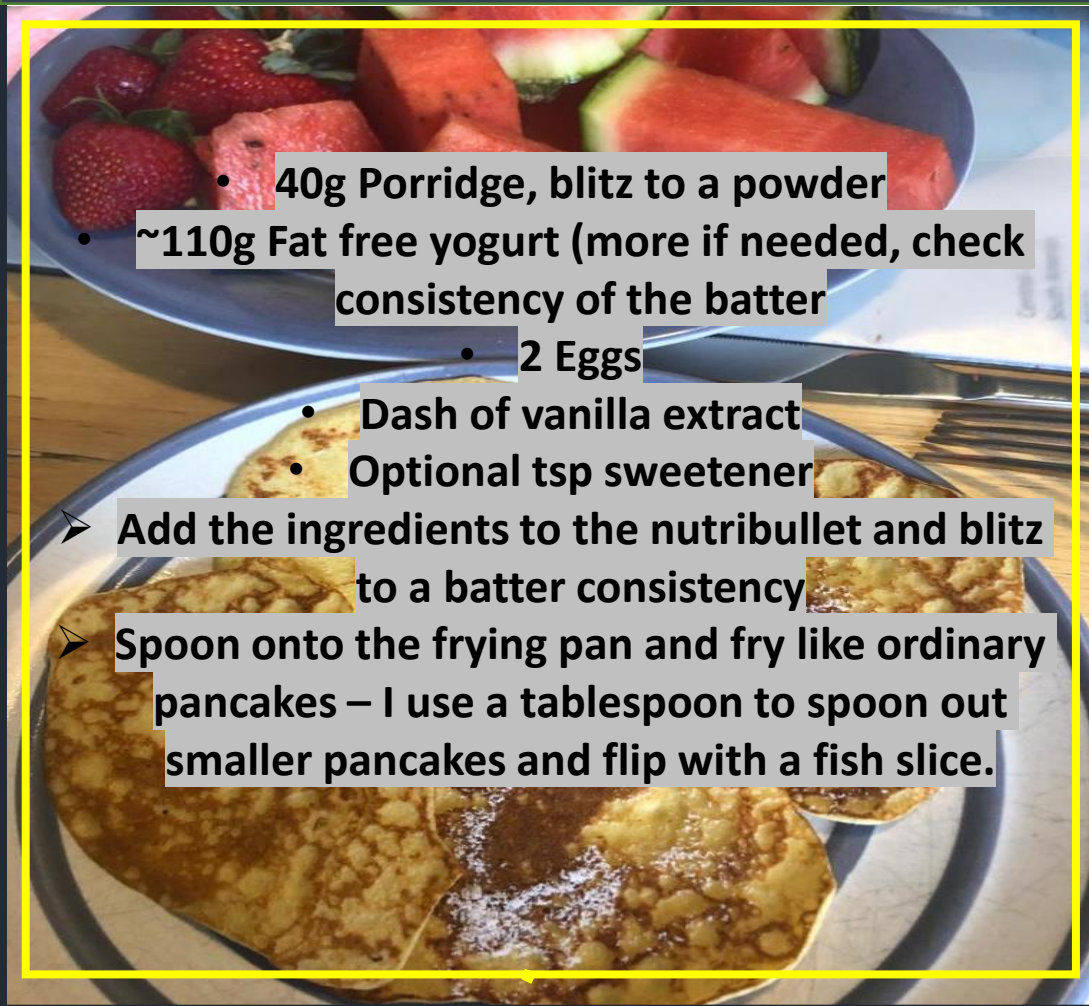
**Bake at 180 for ~30 mins**



**Marshmallow & fruit**

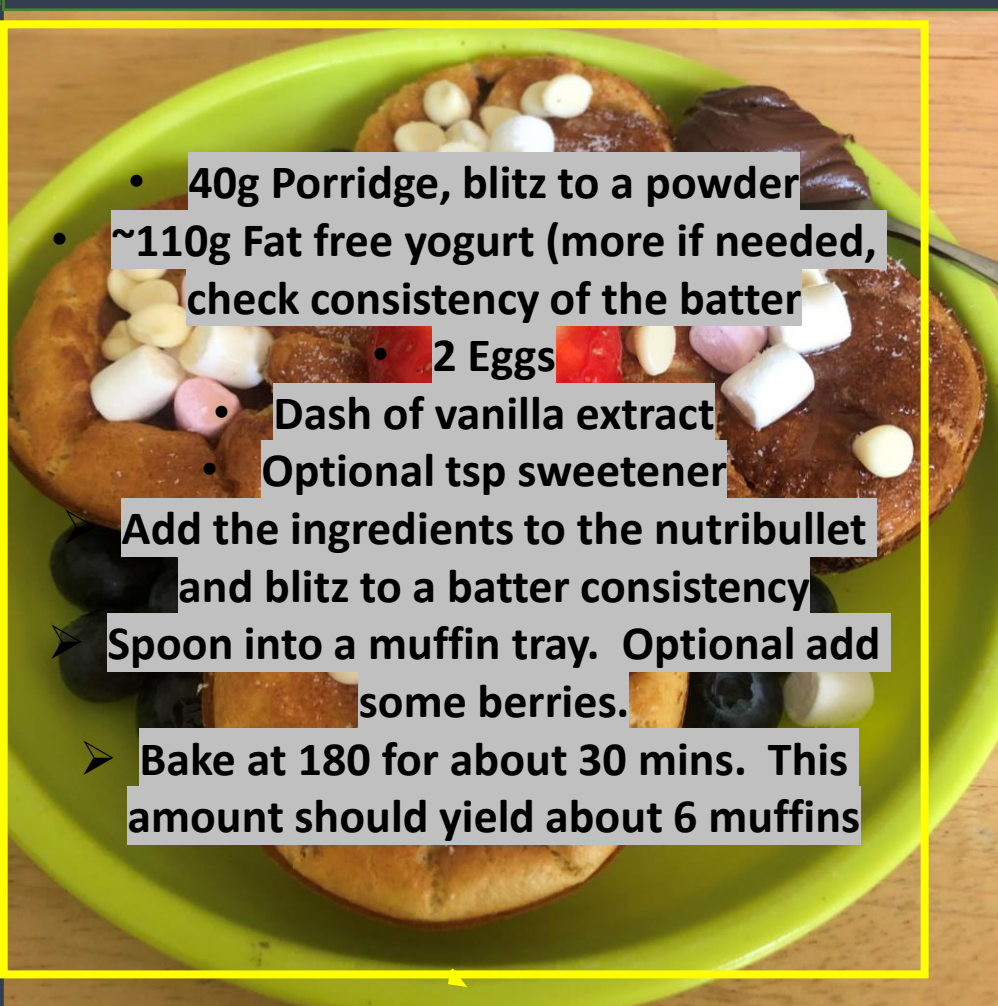


## Porridge Pancakes



- 40g Porridge, blitz to a powder
- ~110g Fat free yogurt (more if needed, check consistency of the batter)
  - 2 Eggs
  - Dash of vanilla extract
  - Optional tsp sweetener
- Add the ingredients to the nutribullet and blitz to a batter consistency
- Spoon onto the frying pan and fry like ordinary pancakes – I use a tablespoon to spoon out smaller pancakes and flip with a fish slice.

## Porridge Pancake Muffins



- 40g Porridge, blitz to a powder
- ~110g Fat free yogurt (more if needed, check consistency of the batter)
  - 2 Eggs
  - Dash of vanilla extract
  - Optional tsp sweetener
- Add the ingredients to the nutribullet and blitz to a batter consistency
- Spoon into a muffin tray. Optional add some berries.
- Bake at 180 for about 30 mins. This amount should yield about 6 muffins