



Walsh Nutrition

WHOLEHEARTED LIVING



## BAKED OAT BLUEBERRY PANCAKES

**PREHEAT OVEN TO 375; GREASE 9X9AN**

**MIX DRY INGREDIENTS IN A BOWL:** 1 CUP FLOUR, 2 CUPS OATS\* 2.5 TSP BAKING POWDER, 1/2 TSP BAKING SODA, 1/4 TSP SALT, 1.5 TSP CINNAMON

**MIX WET INGREDIENTS:** 2.5 TBSP GROUND FLAX SEED, 1.5 TSP VANILLA, 1 EGG, 1/2 CUP MASHED BANANA, 1 3/4 CUPS OF MILK, 1 TBSP OIL

**MIX WET & DRY TOGETHER.** SPREAD EVENLY TO 9X9 PAN. ADD 1 CUP THAWED BLUEBERRYS TO TOP; SWIRL INTO BATTER.

**BAKE FOR ABOUT 25 MINUTES** (UNTIL EDGES ARE GOLDEN, MIDDLE IS SET).

SERVE WITH WARMED NATURAL PEANUT BUTTER AND PURE MAPLE SYRUP.

\*I USED ALL PURPOSE GF FLOUR. ALSO, THIS RECIPE IS INTENDED AS PANCAKES WITH ADDED SWEETNER; IF USING AS A BAKED OAT BAR, YOU MAY PREFER SOME ADDED BROWN SUGAR TO THE RECIPE, OR FRUIT ADDED THROUGHOUT.