



Protein pancakes

Ingredients

For the batter

2 tbsp ground flaxseeds

20g ground almonds

300ml soya milk

200g quinoa flour

1 medium banana, mashed

2 tbsp maple syrup

coconut oil, for frying

For the blueberry chia jam (makes 200ml)

200g blueberries, mashed

2 tbsp chia seeds

1-2 tbsp maple syrup, to taste

2 tsp lemon juice

For the stack

100g coconut yogurt or Greek yogurt

1 tbsp pistachio nuts or pumpkin seeds, chopped, toasted if you like

2 tsp hulled hemp seeds

mixed berries

Method

1. In a small bowl stir the flaxseeds with 6 tbsp water and set aside to soak while you make the jam.

2. Mash the blueberries with a fork in a pan then set over a low-medium heat until syrupy and bubbling. Remove from the heat and stir in the chia seeds, maple syrup and lemon juice. Leave to cool slightly then transfer to a small serving jar.

3. Put the ground almonds, milk, flour, banana, maple syrup and a pinch of salt in the the Cheftronic® blender. Stir the flax to make sure it has become thick and gloopy, like an egg, then tip into the mix and blitz until smooth and thick.

4. Heat 1 tsp of coconut oil in a large frying pan over a medium heat and add tablespoon dollops of batter into the pan. Cook for a couple of mins on one side until the edges are browning, and bubbles have formed on top. Once the pale, white batter has turned a sandy colour, flip over with a spatula and cook for another few mins till dark golden brown. Set aside and keep warm while you repeat the process with the remaining batter, adding another tsp of coconut oil with each batch. You should make about 16 pancakes.

5. Pile the pancakes high between two plates, alternating the layers with spoonfuls of jam and yogurt. Dollop any remaining yogurt and another spoonful of jam on top then scatter over the nuts, seeds and berries to serve. Leftover jam will keep in the fridge for up to 1 week.