



Banana, pepita & oat pancakes

The ingredients in these scrumptious pancakes are not just nutritious, but safe to eat for those with digestive problems.

Ingredients

½ cup rolled oats

½ cup pepitas

30 almonds (20 if 3 pancakes per serve, 30 if 2 pancakes per serve)

1 -2 teaspoons cinnamon, nutmeg or cardamom, or a combination

2 eggs

2 bananas

1 teaspoon gluten-free baking powder

Butter or macadamia nut oil for cooking

⌚ Prep time: 5-10 minutes. Cooking time: 5-6 minutes. 🍴 Makes 6 (serves 2-3)
Wheat free, vegetarian and FODMAP friendly (read about FODMAPs in Nutritional info)

Method

In a food processor, grind oats, pepitas and almonds to a meal as coarse or fine as you prefer (you can make extra of this mix and store in the fridge for up to 2 weeks, adding the other ingredients in the morning as needed). Add spices and baking powder.

Beat eggs and mash bananas. Combine.

Add dry ingredients to egg-banana mix. Mix well. Allow to sit for 5-10 minutes.

Heat a pan over low heat and add butter or macadamia oil (if using macadamia oil, ensure a low heat to avoid burning).

Spoon pancake mixture into pan. Cook for 2½-3 minutes and then flip over. Flatten slightly with back of spatula, and cook for another 2-3 minutes until cooked.

Serve with berries (blueberries, raspberries, blackberries or strawberries) if tolerated, for a dose of antioxidants, and yoghurt (lactose-free if lactose intolerant). For added sweetness, drizzle with maple syrup (which is FODMAP friendly).

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Nutritional information

The ingredients in this pancake recipe have been specifically chosen because many of them help to feed the good bacteria in your gut.

The included spices have been traditionally used to calm an upset digestive system, while other nutrients in blueberries, blackberries, strawberries and raspberries also help to nourish and restore healthy gut bacteria.

Topped with yoghurt, as a source of good gut bacteria, it will provide a gut-friendly start to your day.