



Banana Pancakes – No Eggs, No Dairy, No Sugar

Directions

Ingredients

1 1/4 cup organic rolled oats
1 teaspoon baking powder
1 cup non-dairy milk (eg soy milk) / water
1/4 cup mashed ripe bananas (about 2 medium)

In a food processor, blitz the rolled oats into very fine oat flour.
Combine the flour and baking powder into a large bowl.
In another bowl, combine the soy milk (or water) and mashed bananas together.
Add to the dry ingredients, and stir lightly to combine.
Heat up a lightly-greased griddle or nonstick pan to medium low.
Pour in the pancake batter about 1/4 cup at a time.
Cook until golden brown on both sides. Serve warm on its own, or with a topping of your choice.

Raspberry and chia jam Ingredients

Directions

1 cup raspberries, fresh or frozen.
2 tablespoons water.
1 tablespoon rice malt syrup.
2 tablespoons chia seeds.

1. Throw all the ingredients into a blender and blitz until smooth. You may need to add some extra water to help it combine.
2. Pour mixture into a saucepan and heat over medium heat until the mixture begins to bubble. Reduce the heat and whisk constantly until thickened, about 3-5 minutes.



Source: www.ambitiouskitchen.com