

Blueberry Blender Pancakes

Swick

Makes 9 pancakes | Active Time: 35 minutes | Total Time:

Chef's Notes

Suggested adult serving: 3 pancakes; ¼ cup sauce

Store any leftover pancakes in an airtight container in the refrigerator for up to 3 days.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavored syrup,” or even just “maple syrup,” as they contain artificial maple flavor and cane sugar or corn syrup).

Step 1: Make the Pancakes

- 1 1/2 tablespoons ground flaxseed
- 2 cups rolled oats, ground
- 12 fl oz unflavored plant milk (≈1 1/2 cups)
- 3/4 cup unsweetened applesauce
- 1 tablespoon baking powder
- 3/4 teaspoon ground ginger
- 2 dashes sea salt
- 6 3/4 oz fresh or frozen blueberries unthawed (divided) (≈1 1/2 cups)
- 1/3 cup pure maple syrup

In a small bowl, mix flaxseed with 3 tablespoons water; set aside for 5 minutes.

PREPARE BATTER

In a high-powered blender (or food processor), blend ground oats, plant milk, applesauce, baking powder, ground ginger, sea salt, and flaxseed just until well combined. Add 3/4 cup blueberries and pulse until berries are partially broken up.

MAKE PANCAKES

Heat a nonstick skillet over medium heat for a few minutes until hot, then reduce heat to medium-low and let skillet rest for 2 to 3 minutes.

For each pancake, spoon about ¼ cup batter into skillet; spread batter to 3½ inches. Cook until edges and bottom are firm, about 3 minutes. Flip pancake and continue to cook until cooked through, 2 to 3 minutes.

MAKE BLUEBERRY SAUCE

Meanwhile, in a small saucepan, combine remaining 3/4 cup blueberries and maple syrup. Heat over medium until blueberries are soft, 5 minutes.

Serve blueberry sauce over pancakes.