



Long Livo

# Healthy Fluffy Pancakes

Light, airy pancakes made with wholesome ingredients for a nutritious start to the day.

**10 min**

Prep time

**4**

Servings

**15 min**

Cook time

**Easy**

Difficulty

**25 min**

Total time

**American**

Cuisine

## Ingredients

### Batter

- ☐ 1 cup oat flour
- ☐ 2 tbsp coconut sugar
- ☐ 1 tsp baking powder
- ☐ 1/4 tsp salt
- ☐ 1 ripe banana, mashed

- ☐ 1 cup almond milk
- ☐ 2 large eggs, separated
- ☐ 1/2 cup Greek yogurt
- ☐ 1 tsp vanilla extract
- ☐ Zest of 1/2 lemon

### Cooking

- ☐ Cooking spray or a teaspoon of coconut oil

## Instructions

- 1 In a large bowl, whisk together oat flour, coconut sugar, baking powder, and salt.
- 2 In another bowl, mash the banana, then blend in almond milk, egg yolks, Greek yogurt, vanilla, and lemon zest until smooth.
- 3 In a clean bowl, beat the egg whites until soft peaks form; gently fold them into the wet mixture.
- 4 Combine wet and dry ingredients with a light hand, leaving a few small lumps; let the batter rest for 2 minutes.
- 5 Heat a non-stick skillet over medium-low heat, lightly coat with cooking spray.
- 6 Pour 1/4 cup batter per pancake; cook until bubbles appear on the surface, then flip and cook until golden.
- 7 Serve warm with fresh berries, a drizzle of honey, or a spoonful of Greek yogurt.

## Nutrition per serving

**320 kcal**

Calories

**12 g**

Protein

**45 g**

Carbs

**9 g**

Fat

### **Tips & notes**

- If the batter feels too thick, add a splash of almond milk.
- For extra fluff, let the batter rest for up to 5 minutes before cooking.
- A pinch of cinnamon adds a cozy spice note.