

# BLUEBERRY & LEMON PROTEIN PANCAKES

serves one

## INGREDIENTS

1 banana  
1 scoop vanilla protein powder  
1 egg  
25g rolled oats  
lemon zest  
75g blueberries  
1 tablespoon coconut oil  
4 tablespoons coconut yoghurt  
juice of 1 lemon

## METHOD:

Start by blending the banana, protein powder, egg and oats together until you have your smooth pancake batter. Stir in the lemon zest. Mix the lemon juice and zest in with the coconut yoghurt and have it ready to serve.

Heat 1 tbsp of coconut oil in a non-stick pan and pour in the pancake batter into three little dollops. Make the pancakes quite thin so that the batter can cook through without the outside getting burned. Place a few blueberries into each pancake before flipping and cooking the other side. Stack your pancakes on a plate and add a dollop of the yoghurt on top - enjoy!