



Simple | Healthy | Delicious

Blueberry Chia Pancakes With Blueberry Sauce



INGREDIENTS

1 cup plain flour
3 teaspoons baking powder
a pinch of salt
1 1/3 cup skim milk
1 egg
2 tablespoons chia seeds (I used black ones)
2 teaspoons of vanilla extract
1/2 cup of blueberries plus 1 cup of blueberries for sauce
Oil for frying
2 tablespoons sugar or honey

DIRECTIONS:

1. In a bowl mix whisk the flour, baking powder and salt until combined. In a jug, measure the milk, vanilla and add the egg and whisk together. Made a well in the center of the flour mixture and then slowly pour in the milk mixture whisking to avoid any lumps. Add the blueberries and chia seeds.
2. Heat a frypan on low to medium heat. Add oil in the frypan once hot and place the round cutter in the pan and pour in the batter. Put the lid on and watch that it doesn't burn. When bubbles appear, pick up the pancake, cutter and all and using an egg flip, turn it over and cook on other side. Test for doneness by pressing down gently in the center-if it feels squishy like there is still raw batter there, keep cooking it. The center should spring back to the touch.
3. Make the blueberry sauce by heating up the blueberries in a small saucepan and then cook with sugar or honey until thick and syrupy. Serve pancakes with sauce.