

ONE BITE

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Vegan Options in Auckland, NZ

Vegan and Gluten-Free and Nut-Free Blueberry Pancakes

By Elaine Gordon

These fluffy whole-grain pancakes are a decadent yet nutritious treat for breakfast. They are bursting with juicy blueberries in every bite. Serving size will vary based on how much batter you use per pancake. They usually make about 16 for me.

Serves: 16

Ingredients

- 2 cups gluten-free old fashion oats
- 2 tablespoons ground flaxseed
- 2 tablespoons arrowroot starch
- 2 teaspoons baking powder
- ¼ teaspoon fine salt
- ¼ teaspoon ground cinnamon
- 1 cup unsweetened, plain plant-milk of choice (I use oat milk)
- 2 tablespoons pure maple syrup
- 1 teaspoon pure vanilla extract
- 1 teaspoon apple cider vinegar
- 1 cup fresh blueberries
- Avocado oil or vegan butter for greasing the griddle

Instructions

1. Heat a large griddle over medium heat. While it heats up, make the pancake batter.
2. In a blender or mini food processor, process the oats until a fine flour forms. I prefer homemade oat flour over store-bought in terms



of texture so I highly recommend this step.

3. In a medium mixing bowl, combine the dry ingredients (homemade oat flour, flaxseed, arrowroot powder, baking powder, salt and cinnamon). Whisk in the liquid ingredients (milk, maple syrup, vanilla, vinegar) until no clumps remain. Gently fold in the blueberries. If you want to thin out the batter a bit, add 1-2 tablespoons more of milk and stir.
4. Once the griddle is hot, use avocado oil or vegan butter to coat the griddle. Then, place ¼ cup of the batter onto the griddle for each pancake. Cook 4-5 minutes per side. To tell when it is ready to flip, look for bubbles throughout the entire pancake and golden brown edges all around. Once both sides are golden brown gently remove from the griddle to a serving tray. Re-grease the griddle between each batch. Serve the pancakes while hot with nut or seed butter, maple syrup, chia jam, fresh berries, sliced banana or vegan butter.





About the author...

Hi, I'm **Elaine**, author, photographer and recipe developer for Eating by Elaine. Here I share my favorite healthy, vegan, allergy-friendly & gluten-free recipes. I hope to inspire you to get in your kitchen and try out some nutritious recipes that your whole family will love. I'm a master certified health education specialist (MCHES) with a master of public health (MPH) degree and love explaining why my recipe ingredients are good for you.

