

Oat Brancakes

- 1/2 c oat bran
- 1/2 c 2% plain Greek yogurt, or vanilla Greek yogurt
- 1 c egg whites
- 1 rounded T each chia seeds, hemp seeds and ground flax seeds (optional)
- a little freshly ground black pepper & sea salt
- t coconut oil

In a small bowl, combine the oat bran and the yogurt. Add in the egg whites, seeds and seasoning.

Heat coconut oil on medium in a non-stick pan. Reduce heat to medium-low and cook oat brancakes 3 or 4 at a time, gently spreading and flattening the batter after you spoon it into the pan. Flip each oat brancake as the batter bubbles. Makes 12 small pancakes. Serves 4. Freezes well.

Single Serving Oat Brancake

- 2 T oat bran
- 2 T 2% Greek yogurt
- 1/4 c egg whites
- 1 t each chia seeds, hemp seeds and ground flax seeds (optional)
- a little sea salt and freshly ground black pepper
- 1/2 t coconut oil

Oat Brancake Garnishes

- 1 t per serving maple syrup or coconut palm nectar
- fresh fruit

Jittery Cook