

Oat Brancakes

- 1/2 c oat bran
- 1/2 c 2% plain Greek yogurt, or 0 % 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. Cook in a non-stick pan with coconut oil. 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
- 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