

BIG OAT PANCAKES WITH CRISPY BACON AND RICOTTA

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Categories: Breakfast Recipes, Lunch Recipes

Pancake

Occasions: Breakfast, Lunch

Diets: High protein



INGREDIENTS

- 2 cups Oatmeal
- 1/3 cup coconut flour
- 5 eggs
- 2 teaspoons baking powder
- 3/4 cup reduced fat milk
- 4 rashers fat-trimmed bacon
- 1 tablespoon oil for cooking
- 300 g reduced fat ricotta
- Maple syrup (optional)

METHOD

Using a food processor, blend the oats until a fine consistency. Add in the coconut flour, eggs, baking powder and milk. Blend until smooth.

Heat a non-stick pan. Cook bacon rashers until crispy. Set aside on paper towel to drain and keep warm.

Using a non-stick fry pan, heat a tablespoon of oil on medium heat. Measure in 1/3 cup measures of the batter. Turn the heat to low, cook for two minutes on each side. Repeat the process with remaining batter.

Serve pancakes topped with a spoonful of ricotta and a rasher of bacon.

NOTES

Add a drizzle of maple syrup for a more indulgent breakfast