

Big Oat Pancakes with Crispy Bacon and Ricotta



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

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Ingredients

- 2 cups oatmeal

- ½ cup coconut flour
- 5 eggs
- 2 tsp baking powder
- ¾ cup reduced fat milk
- 4 rashers fat-trimmed bacon
- 1 tbsp for cooking
- 300 g reduced fat ricotta
- Maple syrup (optional)

Method

1. Using a food processor, blend the oats until a fine consistency. Add in the coconut flour, eggs, baking powder and milk. Blend until smooth.
2. Heat a non-stick pan. Cook bacon rashers until crispy. Set aside on paper towel to drain and keep warm.
3. Using a non-stick fry pan, heat a tablespoon of oil on medium heat. Measure in ⅓ cup measures of the batter. Turn the heat to low, cook for two minutes on each side. Repeat the process with remaining batter.
4. 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

For a classic take on pancakes be sure to check out our [Best Pancakes recipe](#) today!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
260g	2360kJ 564kcal	24.2g	39.5g	15.8g	26g	5.3g	593mg	5.1g
Vitamin D								
4.3µg								

All nutrition values are per serve.