

Oat Flour Pancakes with PBfit Maple Syrup

Prep: 20 min Cook: 0 min Total: 1 hr 20 min Servings: 10

Calories: 337 Fat: 13g Protein: 12g Carbs: 41g Fiber: 4g

Ingredients

- 2 cups BBF Oat Flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1 Tbsp sugar, optional
- 2 eggs
- 1 1/2 to 2 cups milk
- 2 Tbsp melted and cooled butter (optional), plus unmelted butter for cooking, or use neutral oil

Directions

1. In a bowl, mix together dry ingredients. Beat eggs into 1 1/2 cups milk, then stir in 2 tablespoons melted cooled butter, if using it. Gently stir this mixture into dry ingredients, mixing only enough to moisten flour; don't worry about a few lumps. If the batter seems thick, add a little more milk.
2. When butter foam subsides or oil shimmers, ladle batter onto griddle or skillet, making pancakes of any size you like. Adjust heat as necessary; usually, the first batch will require higher heat than subsequent batches. Flip pancakes after bubbles rise to surface and bottoms brown, after 2 to 4 minutes.
3. Serve, or hold on an ovenproof plate in a 200-degree oven for up to 15 minutes.
4. PBFit Maple Syrup
5. Cal 323 Fat 6 Carb 42 Fiber 8 Protein 20, Servings 2
6. 1/2 cup PBFit Powder
7. 1/4 cup maple syrup
8. Fresh Raspberry Topping:
9. Cal 83 Fat 0 Carb 20 Fiber 4 Protein 0, Servings 2
10. 1 cup fresh raspberries
11. 2 Tbsp Raspberry jam

12. Stir to combine and smash raspberries. Top on pancakes and drizzle with maple PBFit syrup.

13. Enjoy your Oat Flour Pancakes with PBfit Maple Syrup!