



MARCH 9<sup>th</sup>

Chef Katherine Puzara

## **Rainbow coloured blender pancakes (no food colouring!)**

### **Ingredients**

3/4 cup rolled oats  
1 1/4 cup all purpose flour (or white whole wheat flour)  
1 tablespoon baking powder  
1/2 teaspoon salt  
2 eggs  
1 teaspoon vanilla  
1/4 cup honey  
1 cup greek yogurt  
1/4 cup milk  
2 tablespoons melted butter

### **Add-ins**

Orange pancakes - add 1 small carrot, peeled and diced, plus 1 teaspoon cinnamon, pinch nutmeg  
Pink pancakes - add 1 small beet peeled and diced, plus 1 teaspoon cinnamon, pinch nutmeg  
Yellow pancakes - add 1 banana, plus 1-2 teaspoons turmeric  
Blue/purple pancakes - add 1/2 cup blueberries  
Green pancakes - handful spinach, plus 1/2 banana, plus 1 teaspoon cinnamon

### **Directions**

Combine oats, flour, baking powder, salt, eggs, vanilla, honey, yogurt, milk, and melted butter in blender. Turn on blender and mix until well combined. Divide mixture in half, add one of the add-ins and put half of the mixture back into the blender. Blend until fruit or vegetable is completely combined. Cook pancakes in non-stick frying pan or griddle over medium heat on first side until small bubbles appear. Flip pancakes and cook until cooked through. If cooking a large batch, turn oven on to 200 degrees and place pancakes on a large baking sheet until all are cooked.