



Oat Power Pancake

with Maple Yogurt & Nutty Seed Brittle

 40min  2 Servings

This oat pancake is a powerful (and delicious) way to start the day! The scratch-made batter contains heart-healthy oats, ground flax seeds, and chia seeds. Instead of fussy individual flapjacks, we bake the batter in a skillet, like a cake, ready to slice and serve! A crunchy walnut-seed brittle and maple yogurt on top makes this nutritious breakfast taste like a sweet treat. (2p serves 4; 4p serves 8)

What we send

- 1 oz buttermilk powder ⁷
- 3 oz oats
- 5 oz self-rising flour ¹
- 2 (¼ oz) ground flax seeds
- 5 oz granulated sugar
- 3 (¼ oz) chia seeds
- 2 (1 oz) walnuts ¹⁵
- 1 oz salted sunflower seeds
- 4 oz Greek yogurt ⁷
- 1 oz maple syrup

What you need

- 2 large eggs ³
- kosher salt
- 6 Tbsp butter, melted ⁷
- neutral oil

Tools

- medium heavy skillet (preferably cast-iron)
- medium nonstick skillet

Allergens

Wheat (1), Egg (3), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 670kcal, Fat 40g, Carbs 65g, Protein 18g



1. Make pancake batter

Preheat oven to 375°F with a rack in the center. Set a medium heavy skillet (preferably cast-iron) on center oven rack while oven heats.

In a medium bowl, whisk to combine **buttermilk powder** and **1 cup water** until completely smooth. Whisk in **¾ cup oats** and **2 large eggs** until well combined. Set buttermilk mixture aside to soften oats for at least 10 minutes.



4. Make walnut-seed brittle

Meanwhile, coarsely chop **walnuts**. Warm **2 tablespoons melted butter** in a medium nonstick skillet over medium heat. Add walnuts and cook, stirring often, until lightly golden, 2-4 minutes. Add **sunflower seeds, remaining chia seeds, 2 tablespoons sugar, and a pinch of salt**. Cook, stirring constantly, until sugar is dissolved and golden brown, 1-3 minutes.



2. Finish batter

In a 2nd medium bowl, combine **flour, ground flax seeds, 3 tablespoons sugar, half of the chia seeds, and ½ teaspoon salt**.

Add dry ingredients and **2 tablespoons melted butter** to bowl with **buttermilk mixture** and whisk just until smooth (be careful not to over mix).



5. Make maple yogurt

Pour **walnut-seed brittle** onto a plate and gently press into an even layer. Set aside to cool for at least 5 minutes.

In a small bowl, stir to combine **yogurt** and **half of the maple syrup**.



3. Bake pancake

Carefully remove heated skillet from oven. Add **2 tablespoons melted butter** and **1 tablespoon oil**, tilting to coat bottom and sides of skillet. Pour **pancake batter** into skillet.

Bake **pancake** on center oven rack until a toothpick inserted in the center comes out clean, 8-10 minutes (bottom will be golden and top pale yellow). Remove from oven and let pancake rest for 5 minutes.



6. Finish & serve

Break **cooled walnut-seed brittle** into small clusters. Invert **pancake** onto a plate, if desired, or serve in skillet; cut into slices. Top **pancake** with **maple yogurt, walnut-seed brittle, and remaining maple syrup**. Enjoy!