



bariatric care

Ingredients

- ☐ 1/2 cup of oat flour (you can process regular oats to do it)
- ☐ 1 grated carrot
- ☐ 1 tablespoon nutmeg
- ☐ 1 tablespoon of baking powder
- ☐ 1 egg
- ☐ 1/2 cup of vegan milk
- ☐ 1 tablespoon of vanilla
- ☐ Topping: 1 tablespoon of almond or peanut butter or nuts with strawberries

CARROT PANCAKES

For two people, is like carrot cake for breakfast.

1. Blend all ingredients, first solids and then liquids. (If the batter is too thick, then add more milk.)
2. Head a skillet on medium heat.
3. Pour 1/4 cup of the mixture to the skillet. Flip the pancake. It should be golden brown.
4. Remove and let it cool.

Chef's Notes
