

Pancake Fritters

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First, stir 1 Tablespoon of chia seeds into 1/3 cup of water and set them aside to soak for at least 10 minutes, to use in the wet ingredients. This provides fiber and protein.

Then, combine the dry ingredients in a large bowl:

1 cup gluten-free oatmeal

1 teaspoon of baking powder

1/2 teaspoon cinnamon

Pinch of salt

2 grated apples

Optional: a handful of seeds or chopped nuts

In a food processor or in a bowl using an immersion blender, blend the following wet ingredients until smooth:

Soaked chia seed mixture

2 eggs

1 Tablespoon of olive oil

2/3 cup of Greek yogurt

2/3 cup of cottage cheese

1 banana broken into pieces

Vanilla extract to taste

Add the wet ingredients to the dry ingredients and combine. Add milk of choice to thin batter as needed or, if the batter is too thin, stir in 1-2 Tablespoons of gluten-free flour at a time until desired consistency is achieved.

Rather than normal-sized pancakes, I created smaller, fritter-sized ones, using a spoon to pat down a small scoop of batter placed on the hot, oiled griddle.

NOTE: As a concept recipe, ingredients can be added and subtracted to meet your needs, preferences, and what's on hand.