

Raciones para 1

35 g
Oatmeal (or ground oat flakes)

1 tablespoon
Vanilla essence

1/4 teaspoon
Nutmeg

1/2 teaspoon
Ground cinnamon

1 pinch
Salt

1
Egg

2
Egg whites

Frozen red berries

100% natural peanut butter

2 tablespoons
Cocoa powder

1 tablespoon
Coconut oil

1 tablespoon
Honey

1 First, we prepare the dough of the pancakes. To do this, we put in a bowl the oatmeal, vanilla, spices, salt and egg whites. With the help of a whisk, we beat all together until a dough is smooth.

2 Add a drop of oil in a pan of about 15 cm in diameter, and put over medium heat. When hot, pour two tablespoons of the dough and let it cook for one minute until slightly bubbly then turn and let it cook on the other side.

3 We perform the same operation with the remaining dough. With these numbers, we go approximately 6/7 units.

4 Once we remove them from the pan, roll each pancakes on top of each other to keep it all warm.

5 Once we have them all ready, we add peanut butter and a little bit of cinnamon on top

6 Chocolate syrup prepared by mixing molten coconut oil, cocoa and honey and handed over the pancakes. Finally, we put the frozen fruits.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/crepes-de-avena-con-fruta/>

