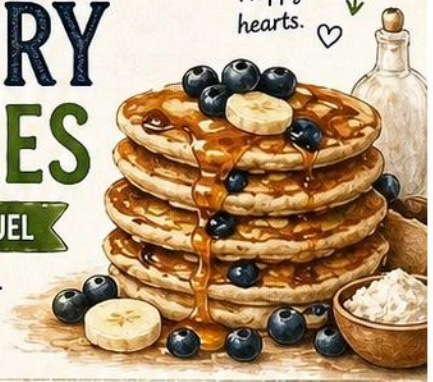




BANANA WILD BLUEBERRY POWER PANCAKES

Wholesome ingredients. Happy hearts. 



BIG FAMILY BATCH ♥ REAL FOOD ♥ REAL FUEL


Made with real ingredients to fuel your family well. Hearty, delicious, and packed with nutrients your body loves! ♥

VERSION 1: WITH SOURDOUGH DISCARD ♥

- INGREDIENTS** 
- ♥ 5 ripe bananas (mashed)
 - ♥ 4 eggs
 - ♥ ½ cup honey
 - ♥ ½ cup olive oil
 - ♥ 1 cup sourdough discard
 - ♥ 1½ cups milk
 - ♥ ½ cup Greek yogurt
 - ♥ 2½–3 cups freshly milled soft wheat flour
 - ♥ ¼ cup ground flaxseed
 - ♥ ¼ cup hemp hearts
 - ♥ 2 tsp cinnamon
 - ♥ 2 tsp vanilla extract
 - ♥ 1½ tsp baking powder
 - ♥ ½ tsp baking soda
 - ♥ 1 tsp salt
 - ♥ 2–2½ cups wild blueberries (fresh or frozen)

- INSTRUCTIONS** 
- 1 Mash bananas in a large bowl until mostly smooth.
 - 2 Whisk in eggs, honey, olive oil, sourdough discard, milk, yogurt, and vanilla.
 - 3 Stir in flour, flaxseed, hemp hearts, cinnamon, and salt.
 - 4 Let batter rest 5–10 minutes.
 - 5 Gently fold in blueberries.
 - 6 Stir in baking powder and baking soda right before cooking.
 - 7 Cook on medium heat until bubbles form, flip and finish.




♥ *Tip: If using frozen berries, add straight from freezer to prevent bleeding.* 

VERSION 2: NO SOURDOUGH (FLUFFIER) ♥

- INGREDIENTS** 
- ♥ 5 ripe bananas (mashed)
 - ♥ 4 eggs
 - ♥ ½ cup honey
 - ♥ ½ cup olive oil
 - ♥ 2 cups milk
 - ♥ ¾ cup Greek yogurt
 - ♥ 3–3½ cups freshly milled soft wheat flour
 - ♥ ¼ cup ground flaxseed
 - ♥ ¼ cup hemp hearts
 - ♥ 2 tsp cinnamon
 - ♥ 2 tsp vanilla extract
 - ♥ 2 tsp baking powder
 - ♥ ½ tsp baking soda
 - ♥ 1 tsp salt
 - ♥ 2–2½ cups wild blueberries (fresh or frozen)

- INSTRUCTIONS** 
- 1 Mash bananas in a large bowl until smooth.
 - 2 Whisk in eggs, honey, olive oil, milk, yogurt, and vanilla.
 - 3 Stir in flour, flaxseed, hemp hearts, cinnamon, and salt.
 - 4 Let batter rest 5–10 minutes.
 - 5 Gently fold in blueberries.
 - 6 Stir in baking powder and baking soda just before cooking.
 - 7 Cook on medium heat until golden on both sides.



♥ *Tip: Add a splash of milk if batter thickens while sitting.* 


MAKE IT YOURS! EASY WAYS TO TWEAK FOR YOUR FAMILY ♥

SWEETER?



Add 2–4 Tbsp more honey. Use extra ripe bananas for natural sweetness. 



FLUFFIER?

Add ½–1 tsp extra baking powder. Use slightly less flour (¼–½ cup less). Don't overmix! 


MORE PROTEIN?

Add 1–2 extra eggs. Increase Greek yogurt by ¼–½ cup. Add 2 Tbsp more hemp hearts or flaxseed. 


RICHER & MOISTER?

Add 1–2 Tbsp more olive oil or a little more yogurt for a softer bite. 

BIGGER BATCH?

Double the recipe for a crowd! Cook in batches and keep warm in the oven at 200°F. 

TINNER OR THICKER BATTER?




♥ Too thick? Add a splash of milk.
Too thin? Add 2–3 Tbsp flour. 

SERVE IT UP!


- ♥ Top with extra berries, sliced banana, and a drizzle of honey.
- ♥ Nut butter or Greek yogurt makes it even better!
- ♥ Great for breakfast, lunch, or dinner. 




MAKE AHEAD & STORE

-  **FREEZER:** Let pancakes cool, then freeze in a single layer. Reheat in the toaster or oven.
-  **FRIDGE:** Store in an airtight container for up to 4 days.
-  **MEAL PREP WIN:** Perfect for busy mornings!



MADE WITH LOVE. FUELED BY NATURE. FOR A HEALTHY FAMILY LIFE. 

Good food today. Stronger bodies tomorrow. Blessed life always. 

Feed your family well. Live well. Pass it on. 

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