



Spinach & Seed Savoury Pancakes with Yoghurt Dressing

These pancakes are packed with spinach (high in glutamine), pumpkin & sunflower seeds, and omega-3 from flaxseeds.

Prep Time: 10 mins, **Cook Time:** 15 mins, **Makes:** 8 small or 4 big

Ingredients

- 100g spinach (blanched & squeezed dry)
- 100g oat flour (or blended oats)
- 1 tbsp ground flaxseeds
- ½ tsp baking powder
- ½ tsp turmeric (anti-inflammatory)
- 1 tbsp olive oil
- 150ml milk (or dairy-free alternative)
- 1 egg (or flax egg for vegan option)
- 1 tbsp pumpkin seeds (for topping)
- 1 tbsp sunflower seeds (for topping)

For the Dressing

- 100g Greek yoghurt (or dairy-free alternative)
- 1 tsp lemon juice
- ½ tsp garlic powder
- Pinch of salt & pepper

Method:

1. Blend the spinach with milk and olive oil until smooth.
2. In a bowl, mix oat flour, ground flaxseeds, baking powder, and turmeric.
3. Add the spinach mixture and egg/flax egg and whisk into a batter.
4. Cook small pancakes on a hot pan until golden on both sides.
5. Top with a dollop of yoghurt dressing and sprinkle with pumpkin & sunflower seeds.

Nutritional information:

Nutrient	Amount per serving	% of Adult RDA (approx.)	Notes
Fibre	4 g	~14%	From oat flour, flaxseeds, spinach, and seeds.
Vitamin D	1 µg	10%	From egg and possibly fortified milk (if used).
Omega-3 (ALA)	120 mg	8%	Mainly from ground flaxseeds.
Glutamine	400 mg		From spinach and egg proteins.
Zinc	1.5 mg	~15% (of 11 mg RDA for men)	Seeds are main contributors.
Magnesium	70 mg	~18% (of 400 mg RDA for men)	From flaxseeds, oat flour, and seeds.