

# Breakfast Pancakes



## Serves 2

For the crepe

3 Tablespoon of Rolled oats

4 Eggs

2 Tablespoon of Fromage frais

2 Tablespoons of Cottage cheese

Pinch of black pepper

1/2 teaspoon of Coconut oil

## Filling

5 Chestnut mushrooms, chopped mushrooms

1 Avocado, peeled, de-stoned and chopped

1 handful of chives, finely chopped

## Instructions:

1. Blend the eggs, oats, yogurt and cottage cheese ingredients in a food processor.
2. Put half tsp of coconut oil in a pan.
3. Pour a ladleful into a heated pan, spread the mixture flat across the pan by rotating pan and cook for 2-3 minutes each side.
4. For the filling: Add the mushrooms to the pan and cook until soft
5. Plate up the crepes and add a spoonful of mushrooms, a tablespoon of chopped avocado and top with chives. Roll up like a wrap and enjoy!