

# Recipes by Chef Lily



## Blackberry -Buttermilk- Oatmeal Pancakes

- 1 cup old-fashioned rolled oats
- 1 cup buttermilk
- ½ cup sliced blackberries
- Zest from 1 small orange
- 2 large eggs
- 1 tablespoon butter
- 1 tablespoon brown sugar
- 2/3 cup all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- Pan spray and butter

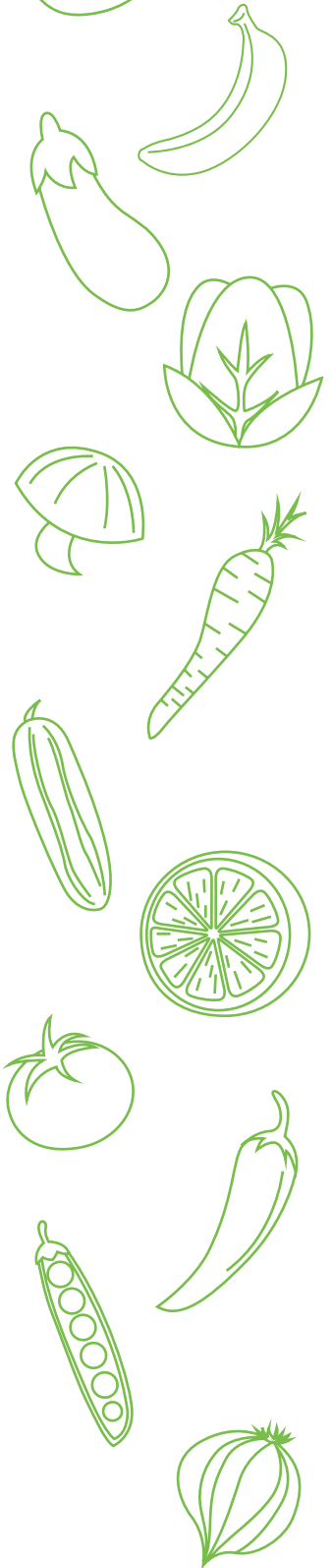
*Whisk oats, buttermilk, blackberries and zest together in a large bowl. Let stand for 10 minutes for the oats to soften. Meanwhile, melt butter and set it aside to cool.*

*Add the butter, eggs, and sugar to the oats, and whisk to combine. Add flour, baking powder, salt, and ground cinnamon, and whisk until just combined; do not overmix.*

*Let stand for 5 minutes more. Meanwhile, heat a large cast iron, nonstick skillet or griddle over medium-high heat. Coat lightly it with pan spray and butter.*

*Drop the batter into the pan using a ½ cup measuring cup, cooking a few pancakes at a time. Cook until bubbles appear on the surface, the edges begin to look golden brown and dry, and the bottoms are golden-brown, about 3 -5 minutes.*

*Flip the pancakes and cook until the other side is golden-brown, 2 to 3 minutes more.*



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## Strawberry - Vanilla Syrup

- ½ cup water
- ¼ cup brown sugar
- 2 cups sliced strawberries
- 1 teaspoon vanilla extract

*Combine strawberries, water and sugar in a saucepan over medium-high heat; stir until sugar is dissolved.*

*Bring to a hard simmer for 10 minutes, or until strawberries are mushy and the sauce is thick.*

*Stir in the vanilla and puree to serve.*

## Berry-Cherry Sunshine Smoothie Bowl

- 1 cup frozen mixed berries
- ½ ripe banana
- Juice ½ orange
- 1 cup cherry greek yogurt
- chia seeds
- your favorite granola
- fresh blueberries

*Add frozen berries, banana, cherry yogurt, and orange juice to a blender and blend until just smooth.*

*Scoop into 1-2 serving bowls and garnish with seeds, granola and berries.*

