Longevity Pancakes

A Taste of Japan • Matcha, berries & a little weekend ritual



INGREDIENTS

- 1¼ cups oats, blended into flour
- 2½ tbsp matcha powder; 1 tsp baking powder
- 4 level scoops Primeadine GF (check current pack directions)
- ¾ cup coconut milk *or almond milk*
- 2 tbsp maple syrup; 1 tsp vanilla extract
- 1 tbsp butter or preferred cooking fat
- **Blueberry compote:** 1½ cups blueberries, ¼ cup maple syrup, 1 tbsp water, 1 tbsp lemon juice and ¼ tsp vanilla extract
- **To finish:** coconut yoghurt and a scattering of mixed nuts, such as walnuts and almonds

METHOD

1. Simmer 1 cup of blueberries with the remaining compote ingredients for around 10 minutes. Add the remaining ½ cup berries and cook for a further 10 minutes; set aside.

2. Combine the oat flour, matcha, baking powder and Primeadine GF. Whisk in your chosen milk, maple syrup and vanilla until smooth.

3. Heat the cooking fat in a pan. Cook each pancake for approximately 2–3 minutes, until bubbles appear; turn and cook for about 2 minutes more.

4. Stack and serve with coconut yoghurt, warm blueberry compote and an optional scattering of chopped nuts.

DON'S KITCHEN NOTES

My twist: almond milk works as an alternative to coconut milk; finish with coconut yoghurt and mixed nuts for texture and variety.

Inspired by an Oxford Healthspan recipe and adapted for my own kitchen. Primeadine GF was gifted by Oxford Healthspan. Spermidine is being researched; human longevity benefits are not established.

Watch the episode: youtube.com/shorts/vQ-S7-JQfPs