



Oat Pancakes

5 servings

15 minutes

Ingredients

- 1 tbsp Ground Flax Seed
- 2 1/2 tbsps Water
- 1 1/2 cups Oat Flour
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Powder
- 1 1/4 cups Oat Milk
- 1 tbsp Coconut Oil
- 1/3 cup Maple Syrup (for drizzling)

Directions

- 1 In a small bowl, whisk together the ground flax and water. Set aside to thicken for five minutes.
- 2 In a large bowl, whisk together the oat flour, sea salt, and baking powder. Add the oat milk and flax seed mixture. Allow it to sit for five minutes to thicken.
- 3 Heat a pan over medium-high heat and add some of the coconut oil, enough to coat the pan. Scoop 1/4 cup of batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Serve the pancakes with a drizzle of maple syrup, if using, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Pancakes can also be frozen and reheated in the toaster.

Serving Size: One serving size is equal to approximately two pancakes.

Helpful Tips: To make your own oat flour, add rolled oats to a food processor or blender and blend until fine. For thicker pancakes, add less milk, adding it slowly to the batter to reach the desired consistency.

Additional Toppings: Top with fresh fruit, nut butter, jam, and/or coconut cream.