



Blender Carrot Cake Pancakes

10 servings

25 minutes

Ingredients

- 4 cups Oats (rolled)
- 4 Egg
- 1 cup Unsweetened Applesauce
- 2 cups Unsweetened Almond Milk
- 2 tsps Vanilla Extract
- 1 1/3 tsps Baking Powder
- 2 tsps Cinnamon
- 1/2 tsp Nutmeg
- 1/2 tsp Sea Salt
- 4 Carrot (medium, peeled, grated)
- 1/2 cup Walnuts (chopped)
- 1 1/3 tsps Coconut Oil (divided)

Nutrition

Amount per serving	
Calories	238
Fat	10g
Carbs	29g
Net Carbs	24g
Fiber	5g
Sugar	4g
Protein	8g
Cholesterol	74mg
Sodium	393mg
Vitamin A	4293IU
Vitamin C	2mg
Calcium	247mg
Iron	2mg

Directions

- 1 In a blender, combine the oats, egg, applesauce, milk, vanilla, baking powder, cinnamon, nutmeg, and salt. Blend until smooth.
- 2 Add the grated carrots and walnuts and stir to combine.
- 3 Heat a nonstick pan over medium-low heat and lightly grease with coconut oil. Scoop approximately 1/3 of a cup of batter at a time into the pan. Once bubbles form, flip the pancake and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Divide the pancakes evenly onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to one month. Reheat on the stove or in the toaster.

Serving Size: One serving is two pancakes.

Additional Toppings: Butter, maple syrup, nut butter, a dollop of cream cheese, and/or whipped cream.