

Apple Pancakes Recipe

This is an easy and filling breakfast made with oats, applesauce, a touch of maple syrup, and cinnamon.

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Photo credit: ArtCoreStudios on pixabay.com

2 servings | serving size: 3 pancakes

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water.

Ingredients

- 2 eggs
- 1½ cups old fashioned rolled oats
- ¾ cup unsweetened applesauce
- ¼ cup nonfat milk or plant-based beverage
- 1 teaspoon vanilla extract
- 1 Tablespoon maple syrup
- 2 teaspoons baking power
- 1 teaspoon ground cinnamon
- ¼ teaspoon allspice
- ¼ teaspoon nutmeg
- Olive oil, for cooking

Directions

1. Add eggs to a blender or food processor. Rewash hands after handling raw eggs. Add remaining ingredients and blend on high until completely smooth, about 30 seconds to 1 minute. If preferred, grind oats into flour using a food processor or blender and mix with

remaining ingredients in a medium bowl. If batter is too thick to pour, add extra milk one Tablespoon at a time.

2. Lightly coat a griddle with olive oil and heat to medium. Add $\frac{1}{3}$ cup of batter to the griddle for each pancake. Cook until pancakes puff up and bubble, about 2–4 minutes.
3. Flip pancakes and cook until golden brown on underside. If pancakes are browning too quickly, lower the heat.
4. Repeat with more oil and remaining batter.

Recipe adapted from [Ambitious Kitchen website](https://www.ambitiouskitchen.com/healthy-apple-pancakes/)(<https://www.ambitiouskitchen.com/healthy-apple-pancakes/>)

Nutrition Facts

2 servings per container

Serving size 3 pancakes (243g)

Amount per serving

Calories 380

% Daily Value*

Total Fat 9g 12%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 165mg 55%

Sodium 80mg 3%

Total Carbohydrate 62g 23%

Dietary Fiber 8g 29%

Total Sugars 18g

Includes 6g Added Sugars 12%

Protein 14g

Vitamin D 1mcg 6%

Calcium 721mg 60%

Iron 4mg 20%

Potassium 435mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.