

# Apple Pie Pancakes

## Ingredients:

- 2 Cups Oat Flour
- 1 2/3 Tbsp Baking Powder
- 1 Cup Plant Milk
- 1 Tbsp Apple Cider Vinegar
- 1 Cup Apple Sauce

## You'll Need:

- Whisk
- Stirring Spoon
- Large Mixing bowl
- Measuring cups
- Measuring Spoons
- Griddle or non-stick pan
- Spatula or wide turner

## Spices: (dried form unless otherwise stated)

- 2 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 1 tsp Cinnamon
- 1/4 tsp Ginger
- 1/4 tsp Nutmet
- 1/4 tsp Allspice
- 1/8 tsp Ground Cloves

Cook Time: Approximately 30 minutes to prep  
Makes: About 18 pancakes



## Instructions:

1. Measure out all of your ingredients. Keeping the dry and wet ingredients separate. Preheat your griddle to a medium-high temperature. (I used 350)
2. Whisk the dry ingredients and spices together until well combined.
3. Stir the wet ingredients and spices together until combined. Allow to stand at least 30 seconds before combining with dry ingredients and spices. This will give the time to curdle and become "buttermilk."
4. Combine the wet and dry ingredients together. Whisking gently until everything is well combined and no lumps are left.
5. Allow mixture to stand for 1 minute or so until it thickens slightly. Using a 1/4 cup measure, pour batter onto the griddle or pan into whatever shapes you like.
6. Allow batter to cook until you see bubble form and then burst. The sides should be well set up and beginning to "cake" before you attempt to flip them. About 2-3 minutes depending on heat. Turn the pancakes over and allow the other side to cook for about another 1-2 minutes. Check your pancakes to be sure they are nicely browned and cooked through. If they are getting brown but not cooked through, lower your heat.

## Serving Suggestion:

These are so good paired with a nut butter, blueberries, banana, and drizzle of maple syrup! We love to also include some flax seeds when eating these.

Get creative! Change up the spices, add some other fruits, or put some cocoa in for chocolate pancakes!

Coming Soon! Blueberry Pancakes and an Apple Compote Topping!

\*Notes: These freeze very well! Just slip a bit of parchment paper between each layer, pop in the freezer, and you have an easy breakfast. Pop them into the microwave and enjoy!