
Whole Grain Pancakes

Ingredients

- 3/4 cup plain organic yogurt or coconut yogurt (for a dairy-free option, you can also use oat milk and add 1 tbsp lemon juice)
- 1 cup rolled oats
- 1 1/2 cups milk of choice
- 1 1/2 tbsp maple syrup, optional
- 1 1/2 cups whole grain flour
- 2 tablespoons freshly ground flax
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 2 tablespoons Coconut oil, melted (or use another light tasting oil)
- 2 eggs, lightly beaten

Method

1. In a large bowl, mix yogurt, oats, milk, and syrup; set aside for five minutes.
2. In a medium bowl, combine flour, ground flax, baking powder, baking soda, and sea salt.
3. Add oil to the oatmeal mixture and mix well, then stir in eggs.
4. Add dry ingredients, stirring just to moisten. Do not overmix. If your yogurt is very thick, you may need to add a bit more milk to thin out the batter. The batter should be thick, but pourable.





Spoon about 1/4 cup batter for each pancake onto a lightly oiled skillet. Cook until bubbles appear and the underside is golden. Flip and cook on the other side until golden. Enjoy!

Notes

Recipe adapted from cathyrussellcreativenutrition.com

