



## APPLE CINNAMON OATMEAL PANCAKE

**Serves:** 6

**Time:** 15 minutes

### Ingredients:

- 1 cup old-fashioned rolled oats
- 1 cup dairy milk (or preferred non-dairy milk)
- 2 large eggs (or preferred egg substitute)
- 1 tablespoon unsweetened applesauce (any mashed or pureed fruit will work!)
- 2/3 cup oat flour (or almond flour or preferred gluten-free flour)
- 2 teaspoons baking powder
- 2 teaspoons vanilla extract
- 1 teaspoon cinnamon

### Topping Options:

Protein: *Peanut Butter, Yogurt*

Sweet: *Mini Chocolate Chips, Sprinkles, Honey, Real Maple Syrup*

Fruit: *Mixed Berries, Baked Apples*

Use any of your favorite toppings!

### Directions:

1. Preheat non-stick skillet, griddle or cast iron skillet over medium heat.
2. Coat pan with cooking spray, butter or your typical cooking oil.
3. Spoon 3 tablespoons of batter in to skillet. Cook for 2 to 3 minutes, flipping once the edge is cooked through. Cook on the other side for another 1 to 2 minutes until golden brown.
4. Serve immediately or freeze for up to 3 months.

This recipe is perfect for getting young children involved in making breakfast. This oatmeal pancake is more nutrient rich than a traditional buttermilk pancake and uses applesauce, vanilla and cinnamon to provide sweetness. The protein and fiber will keep you fueled and satisfied until your next meal!

**Tips:** You can hold pancakes in a 200°F oven until all are done, place them on a sheet pan and cover with a tea towel. You can also bake these pancakes in a muffin tin – Spray muffin tin, spoon a few tablespoons in to each cup and bake at 375°F for 10 minutes until golden brown.

**Nutrition Facts:** 217 calories, 5g fat, 2g saturated fat, 32g carb, 11g protein, 205mg sodium, 5g fiber