



Healthy Apple Pancakes

Source: Ambitious Kitchen

Healthy apple pancakes made right in the blender! These fluffy gluten free apple pancakes are made with oats, applesauce, a touch of maple syrup and cinnamon for the most delicious healthy breakfast.

Serves 3

Ingredients

- 3¾ cup unsweetened applesauce
- 2 eggs
- ¼ cup milk
- 1 teaspoon vanilla extract
- 1 tablespoon pure maple syrup
- 1 ½ cups old fashioned rolled oats, gluten free if desired
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ¼ teaspoon allspice
- ¼ teaspoon nutmeg
- ¼ teaspoon salt
- Olive oil, for cooking

Directions

1. Add all of the ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute. Let the batter sit in your blender while you heat your pan up. If batter is WAY too thick, you may need to add a few extra tablespoons of milk to the blender.
2. Lightly coat a griddle with coconut oil, butter or olive oil and place over a medium heat. Once the pan is hot, add about 1/3 cup of the batter to the griddle for each pancake and cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.
3. Flip cakes and cook until golden brown on underside. If you find that pancakes are browning too quickly, then you need to lower the heat. Wipe skillet clean and repeat with more oil and remaining batter. Makes 6 pancakes total. Serves 3, 2 pancakes each.

Notes

Optional for the topping: Add 3/4 cup diced apple + 1 tablespoon butter + 1 teaspoon pure maple syrup + a sprinkle of cinnamon to a saucepan and saute over medium heat until apples begin to cook down a bit. Serve over pancakes if desired!