

RECIPE

Oat Flour Pancakes



These delicious pancakes are gluten-free and dairy-free and don't require any specialty ingredients. Simply blend rolled oats into a fine powder, and you're on your way to a hearty and nourishing breakfast!

Ready in **20 minutes**

Serves **2-4 people**

Tools

- Skillet
- Spatula
- High-speed blender

Ingredients

- 3 cups of old-fashioned oats
- ripe bananas
- 1 1/4 cups of plant milk of your choice
- 1 tsp vanilla extract (optional)
- 1 tsp baking powder
- 1/4 tsp salt (optional)
- A dash of cinnamon (optional)
- Grapeseed oil or melted vegan butter for cooking
- Topping options: Maple syrup, agave nectar, berries, or sliced fruit

Preparation

First, blend your oats in a high-speed blender for about 30 seconds until it develops a flour-like texture. Then add in the plant milk and bananas to the blender and let it run until it turns into a thick batter. Heat a skillet or griddle to medium high and coat with an even layer of oil or vegan butter. Ladle approximately 1/3 cup portions of batter onto the cooking surface. Allow to cook until bubbles appear on the surface of the pancake and it begins to appear dry around the edges. Reduce heat to medium and flip pancakes, cooking for an additional 2-3 minutes. Remove from heat and set aside. Top with preferred syrup and fruit and enjoy!



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