

OAT FLOUR PANCAKES★★★★★

COURSE: BREAKFAST CUISINE: GLUTEN-FREE

KEYWORD: OAT FLOUR PANCAKES PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES TOTAL TIME: 25 MINUTES SERVINGS: 2

CALORIES: 400KCAL AUTHOR: MEGAN GILMORE



These oat flour pancakes are naturally gluten-free and turn out so fluffy! They are the perfect addition to your weekend brunch, using whole grain oat flour.

INGREDIENTS

- 3/4 cup oat flour (99 grams)
- 1 large egg (47 grams)
- 2 tablespoons olive oil (22 grams; or melted butter or coconut oil*)
- 2 tablespoons maple syrup (40 grams)
- 5 tablespoons water (74 grams)
- 1 teaspoon baking powder (3 grams)
- 1/2 teaspoon vanilla extract (3 grams)
- 1/4 teaspoon salt (2 grams)

INSTRUCTIONS

1. In a large bowl, add the oat flour, egg, oil, maple syrup, water, baking powder, vanilla, and salt. Use a whisk to mix it together smoothly, and let the batter rest while you prepare the skillet.
2. Grease a skillet over medium-low heat on the stove. I find that this is a good starting point for cooking pancakes, but you may want to turn it down to low as you cook the next few pancakes, so they won't burn. When water sizzles when you splash a drop on the skillet, it's time to cook the first pancake. Use a 1/4 cup to scoop the batter into the center of the greased skillet.
3. When bubbles form in the center of the pancake, it should be easy to slide a spatula under the pancake and flip it over. Each side will need to cook for roughly 2 to 3 minutes. Repeat with the remaining batter until you've made 5 to 6 small pancakes. (Feel free to double this recipe if you need to serve more than 2 people.)
4. Serve warm, with your favorite toppings. Leftover pancakes can be stored in an airtight container in the fridge for up to 3 days.

NOTES

Nutrition information is for half the batch; this recipe makes roughly 5 to 6 pancakes total. This is automatically calculated, and is just an estimate and not a guarantee.

I've tested this recipe with Bob's Red Mill egg substitute powder instead of a real egg, and the results were not bad! I did find that they are a little more fragile this way, and I needed to use 1 extra tablespoon of water in this case.

*I use olive oil in this recipe because it doesn't solidify when chilled. If you use melted butter

or coconut oil instead, the batter may turn out to be a little thicker if your eggs or maple syrup are cold from the fridge, so just keep that in mind.

See tips in the full post for baking pancakes instead!

NUTRITION

Calories: 400kcal | Carbohydrates: 44g | Protein: 10g | Fat: 20g | Saturated Fat: 3g | Trans Fat: 1g | Cholesterol: 93mg | Sodium: 341mg | Potassium: 450mg | Fiber: 3g | Sugar: 13g | Vitamin A: 135IU | Calcium: 149mg | Iron: 3mg

<https://detoxinista.com/oat-flour-pancakes/>