

These healthy oatmeal apple pancakes are a quick and tasty healthy breakfast idea that you can make in 15 minutes with simple ingredients! Everyone will love these delicious, fast, gluten free and flourless apple pancakes for breakfast!

### INGREDIENTS:

- 1 apple, peeled and chopped
- 2 eggs
- 2/3 cup gluten free quick oats
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 2 tbsp yogurt
- 1 1/2 tbsp maple syrup
- 1 tsp cinnamon
- 1 tsp vanilla



### INSTRUCTIONS:

1. Blend the eggs with maple syrup, baking soda, powder and yogurt until creamy and fluffy.
2. Blend in the chopped and peeled apple.
3. Add in the oats, vanilla and cinnamon, let sit for 2 minutes, then blend until smooth.
4. Heat a large non-stick pan to medium, cover with butter/coconut oil and pour the batter forming small, palm-sized pancakes. Reduce the heat a bit (these burn fast at higher temperature).
5. Once bubbles come up and the edges look done, flip with a large spatula. Transfer to a plate when golden brown.

6. Serve immediately with your favorite toppings - fresh fruit, maple syrup, honey or nut butter!

## NUTRITION

YIELD:

2

SERVING SIZE:

1

*Amount Per Serving:* CALORIES: 260 TOTAL FAT: 7g SATURATED FAT: 2g  
TRANS FAT: 0g UNSATURATED  
FAT: 4g CHOLESTEROL: 187mg SODIUM: 581mg CARBOHYDRATES: 40g FIB  
ER: 5g SUGAR: 21g PROTEIN: 10g

Nutrition is provided as a courtesy and is an estimate. If this  
information is important to you, please have it verified  
independently.