Oat Yogurt Pancakes

Number of Servings: 6

Prep Time: 10 minutes

Ingredients

2 Cups GF Oat flour (or you can pulse large oats in a blender into a fine flour)
1 tsp baking soda
1/4 tsp himalayan pink salt
1-1/4 cup plain yogurt I use organic soy milk yogurt that I make
4 eggs
1/4 cup melted butter, coconut oil or almond butter is also a great dairy free fat sub
1-1/2 tbsp maple syrup
1 tbsp lemon juice
1-1/2 tsp pure vanilla

I use an avocado oil spray for the pan.

Instructions

In a large bowl combine the oat flour, baking soda, salt and mix well.
In another bowl whisk the yogurt, eggs, butter, maple syrup, lemon juice and vanilla.

Blend the dry into the wet and mix well. Because there is no gluten, you do not need to worry about over mixing.

In a skillet or griddle on medium heat brush with butter or coconut oil. Pour by 1/4 cup measure (this will give you a 4" pancake). Let cook until you see little bubbles on the surface. Flip and cook on the other side until done. About one and half minutes one each side.

Cook all the batter and store any left overs in a parchment lined zip lock bag and place in the fridge or freezer. These pancakes toast beautifully and make for a quick weekday breakfast or snack.

Enjoy!