



## Green Pancakes

2 servings

20 minutes

### Ingredients

- 1 cup Oats
- 1 cup Baby Spinach (packed)
- 1/2 cup Oat Milk (unsweetened, plain)
- 3/4 cup Unsweetened Applesauce
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 tbsp Extra Virgin Olive Oil

### Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the baby spinach, milk, applesauce, egg, and baking powder. Blend until smooth, scraping down the sides as needed.
- 2 Heat the oil in a nonstick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide the pancakes onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days, or freeze for up to two months.

**Serving Size:** One serving equals three to four 4-inch pancakes.

**More Flavor:** Add cinnamon, vanilla extract, salt, chia seeds, flax seeds, or hemp hearts.

**Additional Toppings:** Top with maple syrup, honey, cottage cheese, nut or seed butter.

**Make it Vegan:** Use a flax egg instead.

**No Applesauce:** Use banana instead.

**No Oat Milk:** Use dairy or any alternative milk.

**Batter Consistency:** Add more milk if the batter is too thick, and more oats if the batter is too thin.