



Oatmeal Pancakes

Makes 4 pancakes - about 3 inches in diameter each

Ingredients

- 1 cup old fashioned oatmeal - grind in a food processor or blender
- ¼ tsp baking soda
- Dash of sea salt
- 1 whole egg
- 2 Tablespoons applesauce (I always have homemade but jarred will work)
- 1 ¼ cup unsweetened coconut milk or whole milk
- 1 cup fresh berries or frozen defrosted berries. Be sure they don't stick together!
- 1 Tbsp avocado oil or other neutral oil
- 1 tsp butter

Instructions

Heat a heavy cast iron pan on medium low heat while you prepare the batter.

Place ground oatmeal, salt and soda in a medium bowl. Whisk together the egg, applesauce and milk and stir until combined. If it seems too thick, add more milk a bit at a time. Gently fold in berries.

When the skillet feels warm enough, add the oil + butter and gently heat until hot but not smoking. Place 3-4 pancakes in the skillet at a time. Let them rest on one side for at least four minutes, then gently flip with a spatula and cook for another 2-3 minutes. Remove to a platter and repeat.

These are great served with fruit syrup, jam or honey. I imagine they would taste great with tiny diced pineapple or peaches or plums in place of the berries as well if those fruits are in season too!