



# OAT PANCAKES (GLUTEN-FREE)



## Ingredients

- 2 cups homemade nut milk (see Notes)
- 3 tbsp yogurt, whey, or lemon juice
- $\frac{3}{4}$  tsp sea salt (omit if using salted butter)
- $1\frac{1}{2}$  cups gluten-free rolled oats
- 3 large eggs
- $\frac{1}{4}$  cup coconut oil or butter
- $\frac{1}{3}$  cup coconut flour
- $\frac{1}{2}$  tsp baking soda

## Instructions

1. In a bowl, combine the nut milk, yogurt (or whey or lemon juice), salt (if using), and oats. Stir to mix, cover, and leave on the counter overnight (7–24 hours).
2. The next day, beat the eggs into the oat mixture. Add the melted coconut oil (or butter), then stir in the coconut flour and baking soda.
3. Heat a griddle or skillet over medium heat. Pour batter onto the hot surface. Cook until bubbles form and the edges firm up, then flip and cook until golden brown.
4. Serve warm with extra butter or coconut oil and drizzle with maple syrup.

## Notes & Tips

- Refer to the Homemade Nut Milk recipe to prepare the nut milk.
- Leftover pancakes can be stored in the fridge for up to 3 days.

