



# Fluffy Oat Flour Pancakes

Discover the perfect breakfast with these naturally wholesome oat flour pancakes that are light, fluffy, and packed with nutrition. Made with simple ingredients, these pancakes deliver a subtle nutty flavor and hearty texture that will keep you satisfied all morning long. Whether you're looking for a gluten-free option or simply want to boost your breakfast nutrition, these oat flour pancakes are an absolute game-changer.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 minutes	20 minutes	35 minutes	4 servings (12-16 pancakes)

## INGREDIENTS

2 cups Oat flour	2 whole Large eggs
1.5 cups Whole milk	1/2 cup Greek yogurt
3 tablespoons Honey	2 teaspoons Baking powder
1/2 teaspoon Baking soda	1/4 teaspoon Sea salt
1 teaspoon Vanilla extract	1/2 teaspoon Ground cinnamon
2 tablespoons Unsalted butter	1 tablespoon Coconut oil

## INSTRUCTIONS

- 1
- Gather all ingredients and allow eggs and milk to come to room temperature for about 10 minutes. This ensures better mixing and more uniform pancakes. Measure out your oat flour carefully – you can use a food processor to grind rolled

oats into flour if you don't have oat flour on hand.

- 2 In a large mixing bowl, whisk together oat flour, baking powder, baking soda, sea salt, and ground cinnamon. Make sure the baking powder and baking soda are evenly distributed throughout the mixture, breaking up any lumps. This step is crucial for ensuring even rising and consistent texture throughout your pancakes.
- 3 In a separate bowl, whisk together eggs, whole milk, Greek yogurt, honey, and vanilla extract until well combined and smooth. The mixture should be slightly thick but pourable. Don't overmix – you want to incorporate the ingredients gently without developing too much gluten.
- 4 Pour the wet ingredient mixture into the dry ingredient bowl and gently fold them together using a spatula. Stop mixing as soon as you see no dry flour remaining – some small lumps are perfectly fine and will create fluffier pancakes. Overmixing develops gluten and makes pancakes dense and tough.
- 5 Place a non-stick skillet or griddle over medium heat and let it preheat for 2-3 minutes. Add 1 tablespoon of butter or coconut oil and swirl to coat evenly. You'll know it's ready when a drop of batter sizzles gently upon contact – not violently, but with a steady sizzle.
- 6 Pour 1/4 cup of batter onto the hot skillet and cook until bubbles form on the surface, about 2-3 minutes. Flip gently and cook the other side until golden brown, another 1-2 minutes. You should hear a gentle sizzle when the batter hits the pan – this indicates proper temperature.
- 7 Transfer cooked pancakes to a warm plate and cover loosely with foil to keep them warm while you cook the remaining batter. Repeat the process with remaining batter, adding more butter to the skillet as needed. Keep the heat consistent for uniform pancakes.
- 8 Stack your beautiful pancakes on serving plates and top with your favorite toppings. Serve immediately while warm for the best flavor and texture. A drizzle of maple syrup, fresh berries, or a dollop of whipped cream make wonderful additions.



### Chef's Notes

The secret to perfectly fluffy oat flour pancakes is not to overmix the batter – lumps are your friends! I also recommend letting the batter rest for a few minutes before cooking, as this allows the oat flour to fully hydrate and creates a better texture. The key to consistent results is maintaining steady medium heat throughout cooking – invest in a good thermometer if you're serious about pancake perfection. Finally, don't skip the Greek yogurt – it adds tremendous richness, protein, and helps bind everything together beautifully.

### NUTRITION PER SERVING

Calories: **385 kcal**   Protein: **16 g**   Carbs: **52 g**   Fat: **12 g**

