

Fluffy Yogurt Oat Flour Pancakes

Start your day with these fluffy vegetarian pancakes made from yogurt and oat flour. They are healthy, delicious, and perfect for a quick breakfast or brunch.


15 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 1/2 cup oat flour
- 1/2 cup plain yogurt
- 1/4 cup milk (or plant-based alternative)
- 1 tablespoon maple syrup (or honey)
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon (optional)
- 1 tablespoon vegetable oil (for cooking)

Steps

- 1 In a bowl, mix the oat flour, baking powder, salt, and cinnamon.
- 2 In another bowl, combine the yogurt, milk, and maple syrup, mixing well.
- 3 Gradually add the wet ingredients to the dry ingredients, stirring until just combined.
- 4 Heat a non-stick skillet over medium heat and add a little vegetable oil.
- 5 Pour about 1/4 cup of pancake batter onto the skillet for each pancake.
- 6 Cook for 2-3 minutes until bubbles form on the surface, then flip and cook for another 2-3 minutes until golden brown.
- 7 Serve warm with your favorite toppings such as fresh fruit, nuts, or additional yogurt.