

## Carrot and Oat Pancakes

*Adapted from Food Hero*  
Makes 10 small pancakes

### Ingredients

1/2 cup oats (quick cooking or old fashioned)  
3/4 cup buttermilk  
1 medium carrot  
1 egg  
1 tablespoon oil  
1/4 cup milk  
1/2 teaspoon vanilla (optional)  
1/2 cup flour  
1 tablespoon sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/2 teaspoon cinnamon (optional)

### Instructions

In a medium bowl, mix oats and buttermilk and set aside to soak for 10 minutes. While oats soak, grate the carrots and set aside.

After 10 minutes, add egg, oil, milk, and vanilla (if using) to the oats mixture and mix well. Stir in the grated carrots.

In a separate medium bowl, stir together flour, sugar, baking powder, baking soda, salt, and cinnamon (if using). Add flour mixture to the oats mixture and stir gently.

Heat a pan on medium-low heat and pour 1 teaspoon of oil to coat the surface. For each pancake, pour about 1/4 cup batter onto the hot pan. Cook until most of the bubbles pop. Flip and cook other side until golden brown. Repeat with the remaining batter.

### Note:

- Make this recipe dairy free by using a milk alternative and add 1 tablespoon of lemon juice.
- Make this recipe gluten free by ensuring the oats and baking powder are gluten free and use a gluten-free flour blend or rice flour in place of the flour.



Photo credit: Minimalist Baker website