



Ashley's Meal Prep Monday!



Apple Cinnamon Banana Oatmeal Pancakes

INGREDIENTS

2 cups Old Fashioned rolled
oats
1/4 cup vanilla dairy free
yogurt
2 large eggs
1/2 unsweetened almond
milk
2 TBSP melted coconut oil
2 TBSP maple syrup
1 TBSP vanilla
1 TBSP baking powder
1/2 TBSP cinnamon
1/2 TSP salt
2 mashed bananas
honeycrisp apple/blueberries



Place the oats, yogurt, eggs, almond milk, coconut oil, maple syrup, vanilla, baking powder, cinnamon, and salt in a blender. Blend on high until batter forms.

Mash bananas and either add to blender, or put batter and bananas into a large bowl. Slice a few pieces of apple reeeeeeally thin and set aside.

Lightly grease a skillet and heat over low. If batter seems to thicken, add a TBSP or 2 of milk so it's easy to pour. I like to use a 1/4 cup to scoop the batter out - then pour into the skillet. I even sprinkle more cinnamon on top of each individual pancake.

Place thin apple slices on top of pancakes while in the skillet - you can also use blueberries or other add-ins. Cook until bubbles pop on the top and the bottoms are golden - then flip. Have patience, low and slow is the key. 😊

Serve with maple syrup, peanut butter, jam, whipcream, or just eat them the way they are.

Recipe: acouplecooks.com

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