

Carbs are not all bad, choose wholegrain. Pancake time!

Oat Pancakes with Caramellized Apple

Ingredients for 3 portions à 200 g

- 4 spoons of soy flour (50g)
- 8 spoons of water
- 4 handfull dry whole grain oats in small pieces (250g)
- 2 cups of plant drink (400ml)
- 1 teaspoon vegetable oil (5g)
- 2 medium apples (200g)
- Cinnamon, Sugar or sweetener of choice

Equipment

- Big stirring bowl and whisk
- Coated pan
- spatula for flipping the pancakes
- Spoon, teaspoon and kitchen scale for measuring
- Sharp knife and cutting board for chopping



Health Benefits

Complex carbohydrates make sure that **blood sugar rises slowly** after enjoying this sweet dish. Plus the beta glucans of oats are especially good for your **gut bacteria** and help maintaining a **healthy blood cholesterol level**.

No meat, eggs or dairy products, therefore you take up **zero unhealthy fats**, instead vegetable oil provides some **essential fatty acids** your body needs!

Caution:

If you are not used to whole grain, it is especially important to **chew** very well and **drink enough** (at least 1,5l of water each day) otherwise bloating is very likely!

Instructions

First, combine the soy flour with water to yield your egg-substitute to emulsify the flour and the other ingredients well and get a sticky dough for your pancakes. Then mix in the plant drink (soy, oat, cashew, whatever you like) and the last thing to add are the oats. If you cannot get very small crumbly ones, you can also process big oat flakes in a blender until semi-finely ground.

Let this dough stick together well by giving it some resting time in the bowl.

In the meantime focus on the apples! If you don't have those, any other non-starchy sweet fruit will do as well, try what you have at home or what is in season (cherries, strawberries, or even frozen berries). Slice the washed apples into thin slices and dust cinnamon on them. Heat a flat pan and caramelize the apples with a small amount of sugar if they are not sweet enough by just heating them without any oil. Then keep them aside.

Now back to the pancakes. Heat oil in the pan and place pancakes of about two spoons of dough in the hot pan and fry them until they are slightly browned on each side.

Top each portion of pancakes with apples, dust it with cinnamon and pour some agave or maple syrup on top.