

# Green Pancakes

7 ingredients · 20 minutes · 2 servings



## Directions

1. Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the baby spinach, milk, applesauce, egg, and baking powder. Blend until smooth, scraping down the sides as needed.
2. Heat the oil in a nonstick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
3. Divide the pancakes onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days, or freeze for up to two months.

### Serving Size

One serving equals three to four 4-inch pancakes.

### More Flavor

Add cinnamon, vanilla extract, salt, chia seeds, flax seeds, or hemp hearts.

### Additional Toppings

Top with maple syrup, honey, cottage cheese, nut or seed butter.

### Make it Vegan

Use a flax egg instead.

### No Applesauce

Use banana instead.

### No Oat Milk

Use dairy or any alternative milk.

### Batter Consistency

Add more milk if the batter is too thick, and more oats if the batter is too thin.

## Ingredients

- 1 cup Oats
- 1 cup Baby Spinach (packed)
- 1/2 cup Oat Milk (unsweetened, plain)
- 3/4 cup Unsweetened Applesauce
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 tbsp Extra Virgin Olive Oil

## Nutrition

Amount per serving

<b>Calories</b>	322	Calcium	276mg
<b>Fat</b>	13g	Iron	3mg
Saturated	2g	Vitamin D	21IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	2g	Thiamine	0.2mg
Monounsaturated	7g	Riboflavin	0.4mg
<b>Carbs</b>	43g	Niacin	1mg
Fiber	6g	Vitamin B6	0.1mg
Sugar	11g	Folate	57µg
<b>Protein</b>	10g	Vitamin B12	0.5µg
Cholesterol	93mg	Phosphorous	345mg
Sodium	321mg	Magnesium	74mg
Potassium	430mg	Zinc	2mg
Vitamin A	1568IU	Selenium	20µg

Cynthia Libert

<https://www.caringforthebody.org>



Vitamin C

5mg