

## Ingredients

### Makes 6 pancakes

- 1 ½ cups oats
- ¾ cup unsweetened applesauce
- 2 eggs
- ¼ cup almond milk
- 1 teaspoon vanilla extract
- 1 tablespoon pure maple syrup
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 small apple, unpeeled and grated (optional)
- 3 tablespoons chopped walnuts (optional)
- Butter for cooking

## Instructions

1. **Prepare the oats:** Place the oats into a blender and blend until half the oats are ground into a flour-like texture.
2. **Blend the batter:** Add applesauce, eggs, almond milk, vanilla, maple syrup, baking powder, cinnamon, and salt to the blender. Blend until the mixture is smooth.
3. **Add optional ingredients:** Pour the batter into a bowl and gently fold in the grated apple and walnuts if using.
4. **Cook the pancakes:** Heat a small amount of butter in a non-stick pan over medium heat. Pour about 1/6th of the batter into the pan and gently flatten with a spatula. Cook for 2-3 minutes or until the bottom is golden brown. Flip and cook the other side until browned.
5. **Serve:** Serve warm with butter and a drizzle of pure maple syrup, if desired.