

NATURALLY PINK BLENDER PANCAKES

recipe from thenaturalnurturer.com

Yield: about 10 medium pancakes

Prep Time: ~5 minutes

Cook Time: ~20 minutes (depends on size of your pan)

Storage: refrigerate up to 3 days; freeze up to 3 months



Ingredients

2 cups old-fashioned rolled oats

1 1/2 teaspoon baking powder

1/4 teaspoon sea salt

4 oz beets, peeled and cooked (roasted beets give the brightest pink color)

1/2 cup plain, unsweetened yogurt of choice (regular works better than Greek yogurt here)

2 large eggs

1/2 cup unsweetened applesauce

2 - 3 tablespoons maple syrup, or to taste

2 tablespoons oil of choice

2 teaspoons vanilla extract

Directions

1. Combine oats, baking powder, and salt to a high-speed blender. Blend until oats become a fine powder. Pour the oat flour mixture into a bowl and set aside.
2. In the now empty blender, combine remaining ingredients (beets, yogurt, eggs, applesauce, maple syrup, oil, and vanilla). Blend until smooth and well combined. Add the oat flour mixture back into the blender and blend again. Stop a couple of times to scrape the sides of the blender as needed.
3. Heat a pan over medium-low heat. Add a little cooking oil. When the oil is warmed, pour out the batter into small or medium-sized pancakes in the pan.
4. Cook until you see small bubbles forming on the top of the pancakes and the edges look dry, about 2-3 minutes. Flip and cook the other side for another 2-3 minutes. Place cooked pancakes onto a plate and continue cooking the remaining batter.
5. Enjoy warm. Store cooked pancakes *after* they have cooled in an airtight container.