

Lemon Poppyseed Pancakes

Ingredients:

- ✓ 1 ½ cup oats
- ✓ 1 cup flour
- ✓ ¼ cup sugar
- ✓ 2 tsp baking powder
- ✓ ½ tsp baking soda
- ✓ 3 tbsp poppy seeds
- ✓ 1 cup Greek yogurt
- ✓ 1 cup milk
- ✓ 2 large eggs
- ✓ 1 tbsp lemon zest
- ✓ 3 tbsp lemon juice
- ✓ 1 tsp vanilla extract



Total Time: 35 minutes Servings: 4

Directions:

1. Grind oats into oat flour using a food processor.
2. Mix all ingredients together in a medium bowl using an electric mixer, add extra flour if needed.
3. Heat a skillet or large pan over medium heat, spray with cooking spray. Use a ¼ cup scoop to place batter into the pan. Cook until bubbles are rising and popping in the middle of the pancake. Flip and cook second side until golden brown. Remove from heat and repeat until all batter is used.