

- Prep Time: 10 minutes
 - Cook Time: 15 minutes
 - Total Time: 25 minutes
 - Servings: 4 (Approximately 12 pancakes)
 - Intensity Level: Easy / Beginner Friendly
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Ingredients

For the Dry Mix:

- 1 cup rolled oats (old-fashioned oats work best)
- 1 cup all-purpose flour (or whole wheat flour for extra fiber)
- 2 tablespoons brown sugar (packed)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Pinch of ground cloves (optional)

For the Wet Mix:

- 1 1/4 cups buttermilk (or milk with 1 tbsp lemon juice)

- 2 large eggs
- 3 tablespoons unsalted butter, melted (plus extra for the pan)
- 1 teaspoon vanilla extract
- 1 medium apple (Honeycrisp or Granny Smith), grated (about 1/2 cup)

Optional Toppings:

- Maple syrup
- Toasted walnuts or pecans
- Sliced fresh apples
- Greek yogurt

Instructions

Step 1: Prepare the Dry Ingredients

In a large mixing bowl, combine the rolled oats, flour, brown sugar, baking powder, baking

soda, salt, cinnamon, nutmeg, and cloves. Whisk these dry ingredients together until they are evenly distributed. This ensures that the spices and leavening agents are spread throughout the batter, preventing any “baking soda pockets.”

Step 2: Prepare the Wet Ingredients

In a separate medium bowl, whisk together the buttermilk, eggs, melted butter, and vanilla extract. Whisk vigorously for about 30 seconds until the mixture is smooth and slightly frothy.

Step 3: Combine and Rest

Pour the wet ingredients into the bowl with the dry ingredients. Add the grated apple. Gently fold the mixture together with a spatula until just combined.

Important Note: Do not overmix! The batter should be thick and lumpy. Overmixing will develop the gluten in the flour, resulting in tough, flat pancakes. Let the batter rest for 5 to 10 minutes. This allows the oats to hydrate and soften, resulting in a better texture.

Step 4: Heat the Griddle

Preheat your non-stick skillet or griddle over medium heat. It is crucial to get the temperature right. If the pan is too hot, the outside will burn before the inside cooks. If it is too low, the pancakes will spread too thin and become rubbery. Add a small pat of butter or a drizzle of oil to the pan.

Step 5: Cook the Pancakes

Pour about 1/4 cup of batter onto the hot griddle for each pancake. Use the back of a spoon to gently spread the batter if it is too thick.

- Time & Intensity:

- Cook on the first side for 2 to 3 minutes over medium heat. You will know it is time to flip when bubbles begin to form on the surface and the edges look set and slightly dry.
- Flip the pancake carefully with a spatula.
- Cook on the second side for an additional 1 to 2 minutes over medium-low heat.

Step 6: Keep Warm

Transfer the cooked pancakes to a plate and cover them with a clean kitchen towel to keep them warm while you cook the remaining batter. Serve immediately with your favorite toppings.

Recipe Notes & Variations

- Oat Flour Option: If you prefer a gluten-free version, you can grind the oats in a blender until they reach a flour-like consistency and substitute the all-purpose flour with an additional cup of ground oats.
- Apple Variations: Feel free to leave the skin on the grated apple for extra nutrients and texture. However, if you prefer a smoother texture, peel the apple first.
- Buttermilk Substitute: If you don't have buttermilk on hand, simply pour 1 tablespoon of white vinegar or lemon juice into a liquid measuring cup and fill it with milk up to the 1 1/4 cup line. Let it sit for 5 minutes to curdle.

Nutrition Facts (Per Serving)

Note: Nutritional information is an estimate and will vary based on specific ingredients used and portion sizes. This calculation assumes the recipe makes 4 servings (about 3 pancakes per serving) and does not include syrup or toppings.

- Calories: 340 kcal
- Total Fat: 11g
- Saturated Fat: 6g
- Cholesterol: 105mg
- Sodium: 480mg
- Total Carbohydrates: 49g
- Dietary Fiber: 4g
- Total Sugars: 10g (includes natural sugars from apple and added brown sugar)
- Protein: 10g