

# Apple Oatcakes

These wholesome oatcakes are much lighter and healthier than traditional pancakes because they contain rolled oats instead of flour.

The best type of apple to use is a Granny Smith or a similar tart green apple, but you are also able to use a sweeter red apple if that is all you have – you will just have a sweeter oatcake.

You need to rest the batter for at least half an hour before you mix in the melted butter, but if you want to prepare for breakfast the next morning you can also rest it overnight in the refrigerator. However, make sure you wait until you are about to cook the oatcakes before adding the butter.

*Serves 4*

## Ingredients

- ½ cup rolled oats
- 1 cup milk
- 1 free range egg
- 1 apple, grated
- 1 tablespoon raw sugar
- 1 cup rolled oats, ground in nutribullet or similar
- ¼ teaspoon salt
- 2 teaspoons baking powder
- ½ teaspoon cinnamon
- 25 grams butter

## Method

1. Combine the first measure of rolled oats and milk in a bowl and let them soak together for 10 minutes.
2. Add the egg, grated apple and raw sugar and beat together with a fork until well combined.
3. Add the ground oats, salt, baking powder and cinnamon and mix all together.
4. Let the batter rest for at least half an hour.
5. Heat up a large frying pan and melt the butter. Whisk the melted butter into the oatcake batter until it is silky and smooth. Return the pan to the heat.
6. Drop spoonfuls of batter into the pan and fry for 2 - 3 minutes on a medium heat - make sure they aren't cooking too fast; you don't want the heat too high. You know the oatcakes are ready to flip when bubbles form on top that stay open once popped. Flip and cook for a minute or two on the other side. It pays to test the first oatcake is cooked through until you get your frying temperature right.
7. Stack them on a plate and cover with a tea towel to keep warm while you cook the remaining oatcakes.
8. Serve immediately.