

Oats Pancakes (Gluten Free and low FODMAP)



Discover our delightful recipe for gluten-free and low FODMAP oat pancakes. These tasty pancakes are made with certified gluten-free oat flakes and buckwheat flour, containing no gluten or high-FODMAP ingredients, making them an ideal choice for those with dietary restrictions.

Preparation 10 min

Cooking 20 min

Servings 6

Nutrition Facts (per serving)

Calories 180

Fat 4

Carbohydrates 33

Fibre 6

Protein 6

Sodium 7

Ingredients

- 250 ml (1 cup) rolled oats
- 125 ml (½ cup) buckwheat flour
- 30 ml (2 tbsp) flaxseed
- 5 ml (1 tsp) cinnamon
- 375 ml (1 ½ cups) unsweetened soy beverage

- 1 banana, mashed
- 5 ml (1 tsp) vanilla extract

Topping

- Almond butter
- Chopped pistachios or almonds
- Greek yogurt
- Fruit of choice

Topping (Low FODMAP options)

- Maple syrup
- Coconut yogurt or lactose-free yogurt
- Pumpkin seeds
- Peanut butter
- Blueberries, raspberries, strawberries

Preparation

1. In a food processor, grind rolled oats to a flour.
2. In a large bowl, combine all ingredients. Add a little water if you want a thinner pancake.
3. Preheat a nonstick skillet over medium heat with a little coconut oil and pour half a ladleful of mixture at a time to form the pancakes.
4. Cook until bubbles form on top, then flip the pancake. Continue cooking until the bottom of the pancake is lightly browned.
5. Repeat with the rest of the mixture.
6. Serve with toppings of your choice!

Notes

The pancakes can be frozen in a resealable bag- use parchment paper so separate each pancakes.

To eat them, place them in the microwave for a few seconds.



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