

BREAKFAST

Oatmeal Pancakes with Maple-Glazed Roasted Apples

3 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
95 min	20 min	75 min	6	\$1.30	606 kcal



You can never have too many breakfast recipes, so give Oatmeal Pancakes with Maple-Glazed Roasted Apples a try. This recipe serves 6 and costs \$1.3 per serving. One serving contains 606 calories, 15g of protein, and 22g of fat.

Ingredients

- ☐ 1 teaspoon baking powder
- ☐ 1 cup buttermilk
- ☐ 4 eggs
- ☐ 3 large Jonagold or Gala apples (or a combination of both), peeled, cored and cut into 1/2-inch-thick slices
- ☐ ¼ teaspoon ground cinnamon
- ☐ 1 teaspoon baking soda
- ☐ 6 servings Canola oil or melted butter
- ☐ 2½ cups all-purpose flour
- ☐ 2 tablespoons granulated sugar
- ☐ ½ teaspoon ground cinnamon

☐ 0.1 teaspoon ground nutmeg

☐ ¼ teaspoon ground nutmeg

☐ 2 tablespoons maple syrup, plus more for serving, optional

☐ 2 tablespoons pure maple syrup

☐ 1½ cups milk

☐ 1½ cups rolled oats

☐ ¼ teaspoon fine sea salt

☐ 1 teaspoon vanilla extract

EQUIPMENT Bowl, Frying pan, Oven, Whisk, Spatula, Glass baking pan

Method

- 1 For the apples: Preheat the oven to 375 degrees F. In a large bowl, toss the apples with the cinnamon, nutmeg and maple syrup.
- 2 Place the apples in a 9-inch glass baking dish, pour the syrup mixture over and roast until caramelized and soft, stirring a few times, about 30 minutes.
- 3 Combine the oats and buttermilk in a medium bowl and let sit for at least 15 minutes and up to 30 minutes.
- 4 Stir together the flour, sugar, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl until combined.
- 5 Whisk together the eggs, milk, maple syrup and vanilla until smooth, and then stir in the oat mixture.
- 6 Add the wet mixture to the dry mixture and mix until just combined (can be lumpy). Cover and let rest for 15 minutes.
- 7 Place a nonstick griddle or nonstick frying pan over medium heat and brush with oil or melted butter.
- 8 Pour the batter in scant 1/4 cup portions onto the griddle and cook until pancakes are browned on the bottom and the edges begin to look dry, about 2 minutes. Carefully turn over with a spatula and cook another 1 1/2 to 2 minutes. Repeat.
- 9 Serve immediately topped with the roasted apples and more maple syrup if desired.

Nutrition per serving

606

KCAL

15 g

PROTEIN

22 g

FAT

87 g

CARBS

Saturated Fat	4.2 g · 26% of daily needs
Fibre	6.3 g · 25% of daily needs
Sugar	29 g · 32% of daily needs
Sodium	462 mg · 20% of daily needs
Cholesterol	121 mg · 40% of daily needs
Vitamin C	5.1 mg · 6% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/oatmeal-pancakes-with-maple-glazed-roasted-apples-147375