

Oatmeal Pancakes

6 servings

Make at least half of your grains whole grains. Whole grains, such as oatmeal, reduce the risk for heart disease, stroke, cancer, diabetes, and obesity.

- 1 1/4 cups low-fat milk
- 1 cup regular oatmeal
- 2 eggs
- 1 Tablespoon vegetable oil
- 1/2 cup all-purpose flour
- 1 Tablespoon brown sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt

1. Wash hands with soap and water.
2. In a medium bowl, combine milk and oatmeal. Let stand 5 minutes.
3. Break eggs into a small bowl. Wash hands with soap and water after cracking raw eggs.
4. Add eggs and oil to oatmeal. Mix well.
5. Stir in flour, brown sugar, baking powder, and salt.
6. Stir batter before pouring each pancake.
7. Pour 1/4 cup of batter for each pancake on a lightly oiled and heated griddle or skillet.
8. Cook until the pancakes are full of bubbles and the under-surface is lightly browned. Lift with a spatula and flip over. Lightly brown the other side.



Nutrition Information per Serving: (1/6 recipe) Calories 150, Total Fat 4g, Saturated Fat 1g, Cholesterol 85mg, Sodium 240mg, Total Carbohydrate 21g, Dietary Fiber 2g, Sugars 4g, Protein 7g, Vitamin A 6%, Vitamin C 0%, Calcium 15%, Iron 8%.

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