

Oatmeal Pancakes



CHOICES
Steps Toward
Health

Serves 6

1 1/4 cups milk, skim or 1%
1 cup oatmeal, dry
1 tablespoon vegetable oil
2 eggs, beaten
1/4 cup whole-wheat flour
1/4 cup white flour
1 tablespoon brown sugar
1 teaspoon baking powder
1/4 teaspoon salt
Vegetable oil cooking spray

1. Combine milk and dry oatmeal in a bowl and let stand 5 minutes.
2. Add oil and eggs. Mix well.
3. Stir in flours (whole-wheat and white), sugar, baking powder, and salt.
4. Stir batter before pouring each pancake.
5. Spray preheated griddle or fry pan with cooking spray. Pour 1/2 cup of batter on pan for each pancake. Turn when top is bubbly.

TIPS:

- For extra flavor, stir 1/2 cup ripe bananas, blueberries, or other fruit into the batter just before cooking.
- Top with fresh fruit or applesauce.

Nutrition Facts: : Serving size: 1 pancake; Calories: 160; Fruits and Vegetables: 0; Fat: 5 g; Fiber: 2 g.



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