

Oat Pancakes

<u>U.S.</u>		<u>Metric</u>
3/4 cup	Quick Oats	67 g
1 3/4 cup	Buttermilk	425 mL
1 large	Egg	1 large
1 Tbsp	Canola Oil	15 mL
2 tsp	Vanilla Extract	10 mL
3/4 cup	Whole Wheat Flour	85 g
1 tsp	Baking Powder	4 g
3/4 tsp	Baking Soda	4.5 g
1/2 tsp	Cinnamon, ground	1.2 g
1 Tbsp	Brown Sugar	13 g

Preparation:

1. Gather all ingredients and equipment.
2. In a medium bowl, combine oats and buttermilk. Allow mixture to sit for 10 minutes. Add the egg, oil, and vanilla. Whisk to combine.
3. Combine all remaining ingredients in a separate small bowl and stir to combine.
4. Combine the dry ingredients into the wet and use a rubber spatula to mix until just combined. Do not overmix!
5. Coat a medium sauté pan or griddle with pan spray and place over medium heat. Once hot, pour approximately 1/4 cup of batter for each pancake. Flip pancakes when bubbles rise to the surface. Cook until golden brown on each side. Serve warm.

Nutrition Facts

8 Servings

Serving size **2 pancakes**

Amount per serving

Calories **120**

Calories from Fat 30

Total Fat 3.5 g

 Saturated Fat 0.5 g

 Trans Fat 0 g

 Monounsaturated Fat 1.5 g

Cholesterol 25 mg

Sodium 240 mg

Total Carbohydrate 18 g

 Dietary Fiber 2 g

 Total Sugars 5 g

 Includes 1.5g Added Sugars

Protein 5 g

Vitamin D 0 %

Calcium 10 %

Iron 2 %

Potassium 90 mg

Phosphorus 75 mg
