



Whole Wheat Oat Pancakes

Yield: 5 servings

Ingredients

3/4 cup quick cooking oats
1½ cups milk (almond, cow's, soy, etc)
2 tablespoons lemon juice
1 egg
1 tablespoon extra virgin olive oil
1½ teaspoons vanilla extract
¾ cup whole wheat flour
1 tablespoon brown sugar
1 teaspoon baking powder
¾ teaspoon baking soda
½ teaspoon ground cinnamon
Nonstick cooking spray

Instructions

1. In a medium bowl, combine oats, milk and lemon juice. Allow mixture to sit for 10 minutes.
2. Add the egg, oil and vanilla. Stir to combine.
3. Combine all remaining ingredients in a small bowl and stir.
4. Combine the dry ingredients into the wet and mix until just combined. Do not overmix!
5. Coat a medium nonstick sauté pan with non-stick cooking spray. Heat pan over medium heat. Once pan is up to temperature, pour ¼ cup of batter for each pancake and cook. Flip pancakes when bubbles rise to the surface. Cook until golden brown on each side.

Nutrition Information

Serving Size: 2 pancakes
Calories: 165
Total Fat: 5 g
Saturated Fat: 0.7 g
Monounsaturated Fat: 2.5 g
Sodium: 216 mg
Total Carbohydrate: 25 g
Dietary Fiber: 3.5 g
Sugars: 2.6 g
Protein: 6 g

Source: Health meets Food

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