



Oatmeal Pancakes

Makes 32-36 child sized pancakes

Preparation time: 10 minutes

Cooking time: 3+ minutes per pancake

Common allergens: milk, egg, wheat

Nutrition Information

Calories	58 calories
Total Fat	2.5 g
Carbohydrate	7.5 g
Fibre	1 g
Protein	2 g

Equipment List

- Measuring cups and spoons
- Large bowl
- Mixing spoons
- Lightly greased griddle or large non-stick skillet
- Spatula or other tool to flip pancakes

What You Need

INGREDIENTS	AMOUNTS	METRIC
Rolled Oats	1 ½ cups	375 mL
Milk	2 cups	500 mL
Whole wheat flour	½ cup	125 mL
All-purpose flour	½ cup	125 mL
Brown sugar	1 tbsp.	15 mL
Baking powder	1 tbsp.	15 mL
Salt	1 tsp.	5 mL
Cinnamon	½ tsp.	2 mL
Eggs, beaten	2 large	2 large
Olive or canola oil	¼ cup	60 mL

Instructions

1. In a large mixing bowl, blend rolled oats and milk; let stand five minutes.
2. Stir together flours, sugar, baking powder, salt and cinnamon. Add dry ingredients, eggs and oil to oats, stirring until combined.
3. Pour 1/8 cup (30 mL) of batter for each pancake onto a hot, lightly greased griddle. Cook each pancake until edges become dry and surface is covered with bubbles. Turn and cook second side until golden brown.

Recipe taken from Bake Better Bites