

ORANGE OATMEAL PANCAKES

These pancakes add a flavorful twist and whole grains to a traditional breakfast entrée. Make a double batch and freeze the leftovers for a quick breakfast throughout the week!

Yield: 6 servings

Serving Size: 2, 4-inch pancakes

Ingredients

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup quick oats
- 1 Tbsp baking powder
- ¼ tsp salt
- 1 large egg
- ¾ cup orange juice
- ½ cup nonfat milk
- 2 Tbsp canola oil
- Non-stick cooking spray

Directions

- Mix dry ingredients:** In a large bowl, combine flours, oats, baking powder, and salt. Mix well.
- Mix wet ingredients:** In a separate bowl, crack egg and beat lightly with a fork. Add orange juice, milk, and canola oil to the egg. Mix well.
- Turn on skillet:** Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
- Combine:** Add the wet ingredients to the dry. Stir just until dry ingredients are moistened and incorporated. Do not overmix.
- Cook:** Pour ¼ cup of batter into the hot skillet. Adjust heat to avoid burning.
- Flip:** When bubbles appear on the top of the batter and the edges are slightly browned, flip the pancakes and cook an additional 2-3 minutes.
- Enjoy!**



Nutrition Facts

6 servings per container

Serving size

2, 4-inch pancakes (94g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 125mg **5%**

Total Carbohydrate 25g **9%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 0.4mcg **2%**

Calcium 170mg **15%**

Iron 1.6mg **8%**

Potassium 430mg **10%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

