

Low-Fat Oatmeal Pancakes

Prep: 10 min
Cook: 15 min
Serves: 4

Ingredients:

- 1 ½ cups old-fashioned oats (divided)
- 1 ½ cups all-purpose flour
- 1 tablespoon granulated sugar
- 2 teaspoons baking powder
- ½ teaspoon kosher salt
- 1 ½ cups low-fat milk
- 2 large eggs
- 2 tablespoons olive oil
- 1 teaspoon vanilla extract
- Chopped almonds, for serving
- Pure maple syrup, for serving

Directions:

1. Pulse ½ cup of oats in a food processor until coarsely ground. Add remaining 1 cup oats, flour, sugar, baking powder and salt and pulse 1 to 2 times to combine.
2. Mix together milk, eggs, olive oil, and vanilla in a large bowl. Pour the dry ingredients into the wet ingredients and whisk to combine.
3. Heat a large non-stick skillet or griddle over medium heat. Lightly oil and pour ¼ cup batter per pancake into the skillet. Cook until bubbles appear. Flip pancakes and cook for an additional 2 to 3 minutes, until cooked through and golden. Transfer pancakes to a plate and repeat the process with the remaining batter. Serve pancakes warm with chopped almonds and maple syrup.



Nutrition Information		
Serving size: 207g	4 servings	Calories: 430
Amount per Serving		% Daily Value
Total Fat	13g	17%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	100mg	33%
Sodium	560mg	24%
Total Carbohydrate	65g	24%
Dietary Fiber	4g	14%
Total Sugars	9g	
Added Sugars	3g	6%
Protein	15g	
Vitamin D	2mcg	10%
Calcium	286mg	20%
Iron	4mg	20%
Potassium	337mg	8%