## 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

to a plate and repeat the process with the remaining batter. Serve pancakes warm with chopped almonds and maple syrup.

Sodium

Total Carbohydrate

Dietary Fiber

**Total Sugars** 

Added Sugars

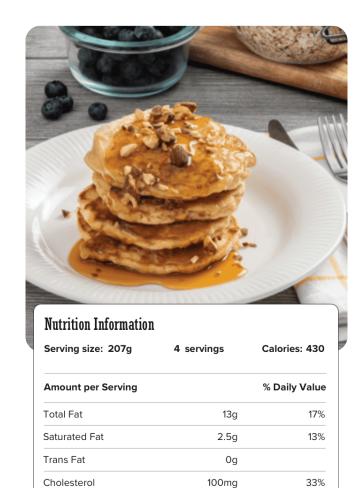
Protein

Vitamin D

Calcium

Potassium

Iron



560mg

65g

9g

3g

15g

2mcg

286mg

337mg

4mg

24%

24%

14%

6%

10%

20%

20%

8%