

Oat Pancakes

Ingredients

1 cup oats, quick cooking
1 cup flour
2 Tbsp sugar
2 tsp baking powder
1 tsp salt
2 eggs, lightly beaten
1 1/2 cups milk
1/4 cup canola oil
1 tsp lemon juice



*High fiber oats and protein...what
better way to start the day?*

Directions

In a large bowl, combine the first five ingredients. Combine the eggs, milk, oil and lemon juice; add to dry ingredients and stir just until moistened.

Pour batter by cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown.

Yield 6 servings

Nutritional Information

Calories 241, Fat 12g, Carbohydrate 25g, Cholesterol 71mg, Sodium 581mg, Fiber 3g, Protein 11g