

# Oatmeal Pancakes



## Ingredients

$\frac{1}{2}$  cup quick-cooking (not instant) rolled oats  
 $2\frac{1}{2}$  cups low-fat milk  
1 cup whole-wheat flour  
 $\frac{3}{4}$  cup unbleached all-purpose flour  
1 tablespoon sugar

1 tablespoon baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg  
3 medium eggs  
1 teaspoon vanilla extract  
Canola oil spray

## Nutrition Facts

### Serving Size:

1 pancake

### Calories: 78

(11.5% from fat)

### Fat: 1g

(saturated <1g)

### Carbohydrate: 13g

### Protein: 4g

### Cholesterol: 33mg

### Fiber: 1g

### Sodium: 157mg

Makes 18  
pancakes

## Preparation

In a medium bowl, combine oats and milk. Stir to blend and set aside. In a large bowl, combine flours, sugar, baking powder, salt, cinnamon and nutmeg. Blend well.

Add eggs and vanilla to the oat mixture, stir to blend. Add to dry mixture and stir just until all ingredients are moist. Do not overmix.

Spray large frying pan with oil spray and preheat over medium heat. Use  $\frac{1}{4}$  cup batter for each pancake. Turn pancakes over when bubbles appear on the surface and bottom is browned.

*Source: American Institute for Cancer Research*

*Picture may not represent actual recipe.*

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