

Oatmeal Pancakes

You'll need: A whisk, a stove, a medium non-stick sauce pan, a medium sized mixing bowl and a large sized mixing bowl, measuring cups, measuring spoons.

Preparation Time: 20 minutes

Cooking Time: 10 minutes

| Ingredients | Amounts for 4 servings |
|-------------------------|------------------------|
| Eggs | 2 |
| Milk | 1 ½ cups |
| Vinegar | 1 tbsp |
| Soft Margarine (melted) | 2 tsp |
| Whole Wheat Flour | ½ cup |
| White Flour | 1/3 cup |
| Oats | ½ cup |
| Baking Soda | ¾ tsp |
| Salt | A Pinch |
| White Sugar | 2tbsp |

Method:

Step 1: Add vinegar to milk and let it stand for 10 minutes. **Step 2:** Whisk eggs, sour milk and melted margarine together (use whisk or fork). **Step 3:** Mix all the dry ingredients together in a large bowl. **Step 4:** Whisk the egg mixture into the dry mixture until is combined. **Step 5:** Using a ladle, pour out pancakes the size you like onto a non-stick pan at medium heat. **Step 6:** Flip over once the top looks dull and the bottom is golden. **Step 7:** Serve with berries and yogurt instead of syrup.

Nutrients per Serving

Calories: 240 kcals

Fat: 6.0g

Sodium: 340g

Carbohydrates: 43.0g

Protein: 11.0g

Fiber: 4.0g