

# Orange Oatmeal Pancakes

A healthy way to start your day, these pancakes bring whole grains and fiber to your breakfast table.

Makes: 6 servings  
 Prep Time: 10 minutes  
 Cook Time: 20 minutes

Source: Cooking Matters

## Ingredients

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup quick oats
- 1 Tablespoon baking powder
- ¼ teaspoon salt
- 1 large egg
- ¾ cup orange juice
- ½ cup nonfat milk
- 2 Tablespoons canola oil
- Non-stick cooking spray

## Directions

1. In a large bowl, combine flours, oats, baking powder, and salt. Mix well.
2. In another large bowl, crack egg. Beat lightly with a fork.
3. Add orange juice, milk, and canola oil to egg. Mix well.
4. Coat large skillet with non-stick cooking spray. Heat over medium-high heat.
5. Add wet ingredients to dry ingredients. Stir just until dry ingredients are moistened. Do not overmix.
6. Pour ¼ cup batter into hot pan for each pancake. Adjust heat as needed to avoid burning.
7. Flip pancakes when bubbles appear on top of the batter and the edges are slightly browned, about 3-4 minutes. Cook until second side is slightly browned, about 2-3 minutes more.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	180
Total Fat:	7 g
Saturated Fat:	1 g
Cholesterol:	30 mg
Sodium:	360 mg
Total Carbohydrates:	25 g
Dietary Fiber:	1 g
Total Sugars:	4 g
Protein	5 g

## Utensils Needed

- 2 large bowls
- Fork
- Large skillet
- Measuring cups
- Measuring spoons
- Rubber spatula

# SHOPPING LIST

Average total cost without oil and seasonings: \$ 11.61

Average cost/serving: \$ 1.94

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
100% Orange Juice



Add 1 to Cart  
Baking Powder, 8.1 oz



Add 1 to Cart  
Lowfat Milk .5 Gallon



Add 1 to Cart  
All- Purpose Flour, 5 lb



Add 1 to Cart  
Old Fashioned Rolled Oats, 18oz



Add 1 to Cart  
Whole Wheat Flour, 5lb



Add 1 to Cart  
Large Grade A Eggs, 12 ct

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- If using an electric griddle instead of a skillet, preheat to 375°F before using.
- Chop and add 3 Tablespoons of your favorite nuts if no one is allergic to them.
- For easy breakfasts later on try making a double batch, cool, and then freeze the cooked leftovers. To prevent the pancakes from sticking together, layer waxed paper between each pancake. Place the stack in an airtight container or zip-top plastic bag. Freeze for no more than 6 weeks. Warm pancakes in a microwave or toaster oven for a quick breakfast.