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Orange Oatmeal Pancakes

Calories per serving: 180

of servings: 6

Serving Size: 2 (4-inch) pancakes

TOTAL TIME: 30 minutes

Ingredients

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup quick oats
- 1 Tbsp baking powder
- ¼ tsp salt
- 1 large egg
- ¾ cup orange juice
- 2 tbsp 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 the egg. Mix well.
4. Coat large skillet with nonstick cooking spray. Heat over medium-high heat.
5. Add wet ingredients to the 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