

Oat Pancakes with Fruit Sauce

These pancakes whip up quickly and taste great reheated. Store the fruit sauce in the refrigerator for a great topping for yogurt or ice cream!

YIELD 8 SERVINGS	PREP TIME 15 MIN	COOK TIME 10 MIN
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INGREDIENTS

For the Pancakes:

¾ cup	Quick Oats
1 ¾ cup	Buttermilk (or watered-down plain yogurt)
1 large	Egg
1 Tbsp	Canola Oil
2 tsp	Vanilla Extract
¾ cup	Whole Wheat Flour
1 tsp	Baking Powder
¾ tsp	Baking Soda
½ tsp	Cinnamon, ground
1 Tbsp	Brown Sugar

For the Fruit Sauce:

1 cup	Frozen Strawberries or other fruit
½ Tbsp	Sugar (can substitute with Honey)
¼ cup	Water

DIRECTIONS

For the Pancakes:

1. Gather all ingredients and equipment.
2. In a medium bowl, combine oats and buttermilk. Allow mixture to sit for 10 minutes. Add the egg, oil, and vanilla. Whisk to combine.
3. Combine all remaining ingredients in a separate small bowl and stir to combine.
4. Combine the dry ingredients into the wet and use a rubber spatula to mix until just combined. Do not overmix!
5. Coat a medium sauté pan or griddle with pan spray and place over medium heat. Once hot, pour approximately ¼ cup of batter for each pancake. Flip pancakes when bubbles rise to the surface. Cook until golden brown on each side.



CHEF'S NOTES

Homemade fruit sauce is a great way to use overripe fruit or any combination of frozen fruit left in your freezer.

Sauce Variation: You may use strawberries, blueberries, blackberries, raspberries, or a combination. You can also try other fruits such as pineapple, apples, mango, or peaches!

DIRECTIONS (Continued)

For the Fruit Sauce:

1. Gather all ingredients and equipment.
2. In a small saucepan over medium heat, add all of the ingredients.
3. Simmer for 10 minutes, then mash the fruit. Simmer for an additional 10 minutes.
4. Remove from heat and let cool slightly. Serve warm.

Nutrition Facts	
8 servings per container	
Serving Size	2 pancakes & 2 Tbsp sauce
Size	(110 g)
Amount per serving	
Calories	130
% Daily Value *	
Total Fat 3.5g	4%
Saturated Fat 0.5g	4%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 290mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	10%
Total Sugars 6g	
Includes 2g Added Sugars	5%
Protein 5g	10%
Vitamin D 0.14mcg	0%
Calcium 110mg	8%
Iron 0.57mg	3%
Potassium 100mg	3%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
8 servings per container	
Serving Size	2 pancakes (84 g)
Amount per serving	
Calories	120
% Daily Value *	
Total Fat 3.5g	4%
Saturated Fat 0.5g	4%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 290mg	13%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Total Sugars 5g	
Includes 2g Added Sugars	3%
Protein 5g	10%
Vitamin D 0.14mcg	0%
Calcium 110mg	8%
Iron 0.57mg	3%
Potassium 100mg	3%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

