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 |

**INGREDIENTS**

For the Pancakes:
- ¾ cup Quick Oats
- 1 ¾ cup Buttermilk or Milk
- 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
- ½ Tbsp Sugar (or Honey)
- ¼ cup Water

**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**

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 1/4 cup of batter for each pancake. Flip pancakes when bubbles rise to the surface. Cook until golden brown on each side.
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.

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Nutrition Facts

8 servings per container

Serving Size: 2 pancakes & 2 Tbsp sauce (110 g)

Amount per serving:

Calories: 130

% Daily Value:

- Total Fat 3.5g: 4%
- Saturated Fat 0.5g: 4%
- Trans Fat 0g: 0%
- Cholesterol 25mg: 8%
- Sodium 290mg: 13%
- Total Carbohydrate 20g: 7%
- Dietary Fiber 3g: 10%
- Total Sugars 6g: 3%
- Includes 2g Added Sugars: 5%
- Protein 5g: 10%
- Vitamin D 0.14mcg: 0%
- Calcium 110mg: 8%
- Iron 0.57mg: 3%
- Potassium 100mg: 3%

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%
- Trans Fat 0g: 0%
- Cholesterol 25mg: 8%
- Sodium 290mg: 13%
- Total Carbohydrate 18g: 6%
- Dietary Fiber 2g: 8%
- Total Sugars 5g: 3%
- Includes 2g Added Sugars: 5%
- Protein 5g: 10%
- Vitamin D 0.14mcg: 0%
- Calcium 110mg: 8%
- Iron 0.57mg: 3%
- Potassium 100mg: 3%

*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.