

Oat Pancakes with Fruit Sauce



These pancakes can be made quickly and taste great reheated. They can also be made in a large batch and frozen for a speedy, sweet breakfast.

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| YIELD 8 SERVINGS | PREP TIME 20 MIN | TOTAL TIME 45 MIN |
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INGREDIENTS

For the Pancakes:

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| ¾ cup | Quick Oats |
| 1 ¾ cup | Buttermilk |
| 1 large | Egg |
| 1 Tbsp | Canola Oil |
| 2 tsp | Vanilla Extract |
| ¾ cup | Whole Wheat Flour |
| 1 tsp | Baking Powder |
| ¾ tsp | Baking Soda |
| 1 Tbsp | Brown Sugar |
| ½ tsp | Cinnamon, ground |

For the Fruit Sauce:

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|--------|------------------------------------|
| 2 cups | Frozen Strawberries or other fruit |
| 1 Tbsp | Sugar, granulated |
| 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! Leftover sauce also makes a great topping for yogurt.

This recipe makes silver dollar sized pancakes. For a larger pancake, use ¼ batter cup per pancake.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a medium mixing bowl, combine oats and buttermilk. Allow the mixture to sit for 10 minutes.
3. While the oats are soaking, start the fruit sauce: In a small saucepan over medium-low heat, combine the frozen strawberries, sugar, and water. Allow to simmer for about 10 minutes, then mash the fruit using a potato masher or fork. Simmer for an additional 10 minutes.
4. Meanwhile, in a separate medium mixing bowl, combine the whole wheat flour, baking powder, baking soda, cinnamon, and brown sugar. Whisk to combine, breaking up any large lumps.
5. After the oats have soaked, add the egg, oil, and vanilla, and whisk to combine.
6. Pour the dry ingredients into the wet mixture and use a rubber spatula to mix until just combined. Do not overmix!

7. Place a medium sauté pan or griddle over medium-low heat and spray with nonstick cooking spray.
8. Once the pan is hot, use a small muffin scoop to work in batches and scoop about 2 Tablespoons batter for each pancake into the pan (three pancakes per batch allows for room to flip neatly).
9. Flip each pancake when bubbles rise to the surface. Cook until golden brown on each side.
10. Transfer the cooked pancakes to a platter or plate and serve with the warm fruit sauce.

| Nutrition Facts | |
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| 8 servings per container | |
| Serving Size | 2-3 pancakes with 2 Tbsp sauce (128 g) |
| Amount per serving | |
| Calories | 140 |
| | % 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 23g | 8% |
| Dietary Fiber 3g | 11% |
| Total Sugars 8g | |
| Includes 3g Added Sugars | 6% |
| Protein 5g | 10% |
| Vitamin D 0.14mcg | 0% |
| Calcium 110mg | 8% |
| Iron 0.58mg | 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. | |

Recipe adapted from *Health meets Food*, "Oat Pancakes" (5/29/18) and "Fruit Sauce" (10/10/19)

