

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.

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

For the Pancakes:

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:

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 medium saucepot 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 nonstick sauté pan 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	
8 servings per container	
Serving size	
2-3 pancakes with 2 Tbsp sauce (131g)	
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 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 0.1mcg	0%
Calcium 110mg	8%
Iron 1.1mg	6%
Potassium 190mg	4%
* 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.	

CONTAINS: MILK, EGG, WHEAT

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

