

# Whole Wheat Oat Pancakes

**Yield: 8 servings**

## Ingredients

1½ cups oats; quick cooking  
3½ cups buttermilk; low fat  
2 each egg  
2 tablespoons olive oil  
1 tablespoon vanilla extract  
1½ cups whole wheat flour  
2 teaspoons baking powder  
1½ teaspoons baking soda  
1 teaspoon cinnamon ground  
2 tablespoons brown sugar

## Instructions

1. Gather all ingredients and equipment.
2. In a medium bowl, combine oats and buttermilk. Allow mixture to sit for 10 minutes.
3. Add the egg, oil and vanilla. Stir to combine.
4. Combine all remaining ingredients in a small bowl and stir.
5. Combine the dry ingredients into the wet and mix until just combined. Do not overmix!
6. Coat a medium sauté pan with non-stick cooking spray. Heat pan over medium heat. Once up to temperature, pour approximately a ¼ cup of batter for each pancake and cook. Flip pancakes when bubbles rise to the surface. Cook until golden brown on each side. Serve warm.

## Nutrition Information

**Serving Size: 1 pancake**  
Calories: 283  
Total Fat: 7 g  
Saturated Fat: 1 g  
Monounsaturated Fat: 3 g  
Sodium: 313 mg  
Total Carbohydrate: 35 g  
Dietary Fiber: 4.5 g  
Sugars: 10 g  
Protein: 10 g

Source: Goldring Center for Culinary Medicine



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