



Healthy Dad Recipes

SILVER DOLLAR OAT PANCAKES

Yield: 4 servings

Ingredients:

½ cup	all-purpose flour
½ cup	quick-cooking oats
1 ½ tsp	sugar
1 tsp	baking powder
½ tsp	baking soda
½ tsp	salt
1	egg
¾ cup	buttermilk*
½ cup	cinnamon applesauce
2 tbsp	butter melted
	Maple syrup or topping of your choice



Instructions:

- In a large bowl combine the dry ingredients.
- In a small bowl beat the egg, buttermilk, applesauce and butter; stir into dry ingredients just until moistened.
- Pour batter by 2 tablespoonful onto a hot griddle coated with cooking spray; turn when bubbles form on top. Cook until second side is golden brown.
- Serve with syrup.

Nutritional Facts:

5 pancakes (calculated without syrup) equals 211 calories, 8 g fat (4 g saturated fat), 70 mg cholesterol, 660 mg sodium, 29 g carbohydrate, 2 g fiber, 6 g protein.

* Buttermilk substitute: ¾ cup milk with ½ tsp white vinegar, let sit 5 minutes.

Recipe courtesy of tasteofhome.com