



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