



Fuel the Body
Fuel the Soul

Oatmeal Pancakes



PREP TIME

25 MINUTES



COOK TIME

10 MINUTES



SERVINGS

ABOUT 3

Ingredients:

1 1/2 cups quick oats
2 cups buttermilk
2 eggs
3 tbs butter or oil
1/2 cup whole wheat
flour

1/2 tsp salt
1 tsp baking soda
1 tbs brown sugar



Procedure:

1. Soak oats in buttermilk for 20 minutes.
2. Add 2 beaten eggs and melted butter or oil.
3. In separate bowl, mix flour, salt, baking soda and brown sugar.
4. Mix dry and wet ingredients until moistened.
5. Grease skillet; place over medium heat.
6. In batches, drop 1/4 cup of batter for each pancake. Cook about 2 minutes until tops are bubbly and bottoms are golden brown. Flip and cook until golden brown.
7. Enjoy!



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