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## Cinnamon Oatmeal Pancakes ♦♦

Cinnamon Oatmeal Pancakes are a delicious and nutritious breakfast option. These pancakes are made with oats, cinnamon, and other ingredients that make them fluffy and flavorful. They are perfect for a vegetarian diet.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>150 g</b>	Oats
<b>100 g</b>	flour
<b>20 g</b>	sugar
<b>2 tsp</b>	baking powder
<b>1 tsp</b>	Cinnamon

<b>250 ml</b>	milk
<b>1 pieces</b>	egg
<b>20 g</b>	butter
<b>1 tsp</b>	vanilla extract
<b>50 ml</b>	maple syrup

## Directions

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### Step 1

#### Blending

In a blender, blend oats until they turn into a fine powder.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a mixing bowl, combine the oat powder, flour, sugar, baking powder, and cinnamon.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

## Mixing

Add milk, egg, melted butter, and vanilla extract to the dry ingredients. Mix until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 4

### Stove

Heat a non-stick pan over medium heat. Pour 1/4 cup of the pancake batter onto the pan and cook until bubbles form on the surface. Flip and cook for another 1-2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Step 5

### Serving

Serve the pancakes hot with maple syrup.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 200 kcal

**Fat: 5 g**

**Protein: 8 g**

**Carbohydrates: 30 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%
Zinc	6 mg	54.55%	75%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring Summer

### Events

Christmas Back to School Picnic

### Cuisines

Italian

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Calcium

### Kitchen Tools

Blender

### Course

Appetizers Breads Snacks Sauces & Dressings

### Meal Type

Breakfast Brunch

### Difficulty Level

Medium

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