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Oatmeal Pancakes ♦♦

Oatmeal pancakes are a delicious and nutritious breakfast option. They are made with oats, which provide fiber and energy, and can be customized with various toppings and flavors. These pancakes are easy to make and can be enjoyed by the whole family.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

150 g	Oats
100 g	flour
250 ml	milk
2 pieces	Egg
20 g	sugar

2 tsp	baking powder
1 tsp	salt
1 tsp	vanilla extract
50 g	butter

Directions

Step 1

Blender

In a blender, blend oats until finely ground.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine ground oats, flour, sugar, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, whisk together milk, eggs, and vanilla extract.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the wet ingredients into the dry ingredients and mix until well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Stove

Heat a non-stick skillet or griddle over medium heat and melt butter.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Stove

Pour 1/4 cup of batter onto the skillet for each pancake.

Prep Time: 1 mins

Cook Time: 3 mins

Step 7

Stove

Cook for 2-3 minutes on each side, or until golden brown.

Prep Time: 0 mins

Cook Time: 6 mins

Step 8

Serving

Serve warm with desired toppings such as maple syrup, fresh fruits, or yogurt.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 7 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
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)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring

Summer

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Difficulty Level

Easy

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