Oatmeal and Orange Pancakes

Source: Breaking the Food Seduction by Neal Barnard, MD; recipe by Jo Stepaniak

These pancakes are so flavorful you won't need syrup.

About the Recipe

62 Calories · 2.5 g Protein · 1.8 g Fiber
Breakfast

Ingredients

Makes 16 Servings

- 1 1/3 c (160 g) whole-wheat flour
- 2/3 c (54 g) rolled oats
- 2 tsp (10 mL) baking powder
- 1/2 tsp (2.5 mL) baking soda
- 1 c (240 mL) low-fat nondairy milk
- 1/4 c (60 mL) unsweetened applesauce
- 3 tbsp (45 mL) orange juice concentrate

Directions

1. Thaw the orange juice concentrate if frozen. Do not dilute it.
2. Combine the flour, oatmeal, baking powder, and baking soda in a medium bowl.
3. In another bowl, beat the nondairy milk, applesauce, and concentrated juice together.
4. Pour in the dry ingredients and stir with a wooden spoon. The dough that will form will be slightly lumpy.
5. Use a nonstick skillet and place over medium-high heat. Oil skillet if desired. Put the dough in the hot pan using 2 level tbsp (30 mL) for each pancake. Cook until the bottoms are golden, adjusting the fire as necessary.

6. Cook the second side briefly, just until golden brown. Lightly cover the pan with oil, if desired, between the groups to avoid sticking.

Nutrition Facts

For each small pancake (without oil):

Calories: 62

Fat: 0.7 g

Saturated fats: 0.1 g

Calories From Fat: 9.5%

Cholesterol: 0 mg

Protein: 2.5 g

Carbohydrates: 12.4 g

Sugar: 2.1 g

Fiber: 1.8 g

Sodium: 110 mg

Calcium: 59 mg

Iron: 0.8 mg

Vitamin C: 4.7 mg

Beta-Carotene: 3 mcg

Vitamin E: 0.3 mg