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*

- whole wheat flour (1 1/3 cups)
- traditional rolled oats (2/3 cup)
- baking powder (2 teaspoons)
- baking soda (1/2 teaspoon)
- fortified soy or rice milk (1 cup)
- unsweetened applesauce (1/4 cup)
- frozen and concentrated orange juice, thawed, undiluted (3 tablespoons)

Directions

1. Combine the flour, oatmeal, baking powder and baking soda in a medium bowl.
2. In another bowl, beat the non-dairy milk, the applesauce and the concentrated juice together.
3. Pour with the dry ingredients and stir with a wooden spoon. The dough that will form will be slightly lumpy.
4. Use a nonstick skillet and place over medium-high heat. Oil skillet if desired. Put the dough in the hot pan using 2 level tablespoons for each pancake. Cook until the bottoms are golden, adjusting the fire as necessary.
necessary.

5. 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 fats:** 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