

# FEATURED RECIPE: Cinnamon Oatmeal Pancakes



*These pancakes taste good and are good for you.*

## **Ingredients**

1-1/2 cups flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 Tablespoon cinnamon  
1 egg  
1-1/2 cups cooked oats  
1-1/2 cups evaporated milk  
1/4 cup water  
Nonstick cooking spray

## **Directions**

1. Mix flour, baking powder, salt and cinnamon in a large bowl.
2. In a separate bowl, combine egg, oats, milk and water, and stir well.
3. Stir the oatmeal mixture into the flour mixture and stir until combined.
4. Heat a large skillet coated with nonstick cooking spray over medium heat.
5. Pour large spoonfuls of batter into the skillet. Cook until bubbles show on the tops of the pancakes, about 2 to 3 minutes. Flip over and cook an additional 2 minutes, or until golden brown and cooked through.
6. Serve warm by themselves or top with canned or fresh fruit.

*Serves 10.* Per serving: Calories: 120; Total fat: 2 g; Saturated fat: 1 g; Cholesterol: 25 mg; Sodium: 190 mg; Total carbohydrate: 20 g; Dietary fiber: 1 g; Total sugars: >1 g; Protein: 4 g

*Source: What's Cooking? USDA Mixing Bowl*