



## OAT PANCAKES (SERVES 2)

### INGREDIENTS

2 ½ cups milk (reduced fat, if available)

2 cups rolled oats

1 ½ cups self-rising flour

2 large eggs

Canola oil spray

### UTENSILS

Large bowl

Small bowl

Fork

Measuring cups

Wooden spoon

Large Frying pan or BBQ

Spatula



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## OPTIONS

For additional flavour you can add one of the following to stir through the pancake mixture just prior to cooking:

- 1 to 2 grated apples and 1 tablespoon of cinnamon
- Sliced or mashed banana
- 1 cup of blueberries (fresh, canned or frozen)

## METHOD

1. In a large bowl combine milk and rolled oats and allow to soak for approximately 10 minutes.
2. Crack eggs into a small bowl and whisk using a fork.
3. Once combined, add eggs to the milk and oat mixture and stir.
4. Add flour 1 to 2 tablespoons at a time, stirring each time to combine the mixture completely before adding the next. Continue to add flour until the mixture is thick, but still fluid.
5. Lightly spray a large non-stick frying pan with canola oil and place over medium heat.
6. Using approximately 2 to 3 tablespoons of mixture per pancake (or about  $\frac{1}{4}$  cup). Cook in batches, adding 2 to 3 pancakes into the pan at a time depending on the preferred pancake size and the size of your frying pan.
7. Cook pancakes until the top appears firm, the edges are golden, and the bubbles are set. Using a spatula, flip the pancake over and cook for a further 2 to 3 minutes or until golden.

**FOR MORE INFORMATION**

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