



Oatmeal Buttermilk Pancakes



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



12

CALORIES



263 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups old-fashioned rolled oats
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 2 large eggs
- ☐ 1.5 cups buttermilk
- ☐ 2 tablespoons vegetable oil melted

- ☐ 2 tablespoons honey
- ☐ 1 teaspoon vanilla extract
- ☐ 12 servings vegetable oil (for the skillet)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ wire rack
- ☐ spatula

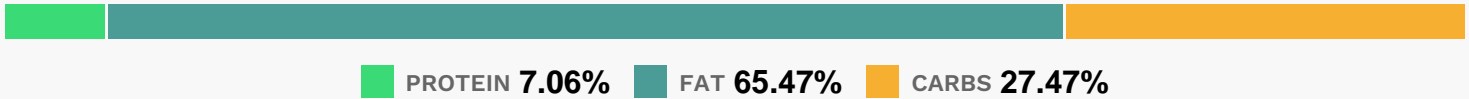
Directions

- ☐ Grind the oats: Set aside 1/2 cup of the oats to add to the batter later. In a food processor, grind the remaining 2 1/2 cups oats until the mixture resembles coarse whole-wheat flour, with a few particles of oats.
- ☐ Add the baking powder, baking soda, cinnamon, salt, eggs, 1 1/2 cups of the buttermilk, oil or melted butter, honey, and vanilla to the food processor bowl and pulse a few times, until blended.
- ☐ Pour the batter into a bowl and stir in the remaining 1/2 cup oats.
- ☐ Let stand for 5 to 10 minutes. The mixture will not be not completely smooth, and it will thicken as it sits. If the batter becomes too thick at any point feel free to thin with some of the remaining buttermilk.
- ☐ Pour a few drops of oil into the skillet or griddle and spread with a paper towel. Set the pan over medium heat. The pan is hot enough when you drop a few drops of water on it and they sizzle. Turn the heat to medium-low.
- ☐ Cook the pancakes: Ladle about 1/3 cup of batter for each pancake onto the skillet. With the back of the ladle, spread the batter into 4-inch circles. Cook for 2 to 3 minutes, or until

bubbles form on top and the bottoms look brown when you peek under the pancakes with a spatula. Turn them and cook for another 2 minutes, or until browned. Repeat until all the batter is used.

- ☐
- Serve them hot off the griddle or keep them warm in a 325°F oven on a wire rack set over a baking sheet.
- ☐
- Serve with lots of butter, fresh fruit (if you wish), and maple syrup.

Nutrition Facts



Properties

Glycemic Index:18.36, Glycemic Load:6.67, Inflammation Score:-2, Nutrition Score:7.9121739047215%

Nutrients (% of daily need)

Calories: 263.03kcal (13.15%), Fat: 19.38g (29.81%), Saturated Fat: 3.54g (22.11%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 16.19g (5.89%), Sugar: 4.61g (5.13%), Cholesterol: 34.3mg (11.43%), Sodium: 156.44mg (6.8%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 4.7g (9.41%), Manganese: 0.76mg (37.88%), Vitamin K: 30.46µg (29.01%), Selenium: 9.56µg (13.65%), Phosphorus: 128.97mg (12.9%), Vitamin E: 1.53mg (10.17%), Fiber: 2.1g (8.4%), Magnesium: 32.18mg (8.04%), Vitamin B1: 0.11mg (7.38%), Vitamin B2: 0.12mg (7.22%), Zinc: 0.97mg (6.46%), Calcium: 60.61mg (6.06%), Iron: 1.06mg (5.89%), Copper: 0.09mg (4.73%), Vitamin B5: 0.47mg (4.72%), Vitamin D: 0.56µg (3.71%), Potassium: 128.09mg (3.66%), Vitamin B12: 0.21µg (3.54%), Folate: 11.98µg (2.99%), Vitamin B6: 0.05mg (2.31%), Vitamin A: 94.75IU (1.89%), Vitamin B3: 0.27mg (1.34%)