



Oatmeal Chocolate Chip Pancakes



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup vegan carob chips
- ☐ 0.3 cup ground flax seeds
- ☐ 0.8 cup pastry flour
- ☐ 0.8 cup rolled oats
- ☐ 0.5 teaspoon sea salt
- ☐ 1.5 cups soy milk

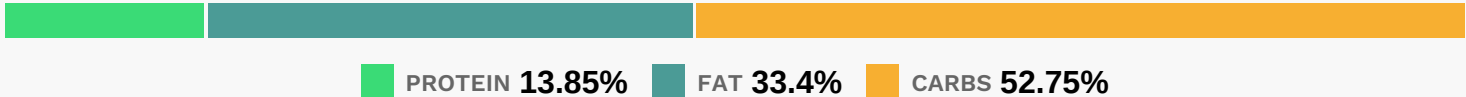
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Preheat a lightly oiled griddle over medium heat.
- ☐ In a medium bowl, mix rolled oats, pastry flour, baking powder, baking soda, sea salt, flax seeds, and chocolate chips. Gradually blend in soy milk.
- ☐ Pour batter about 1/4 cup at a time onto the prepared griddle. Cook 1 to 2 minutes, until bubbly. Flip, and continue cooking until lightly browned.

Nutrition Facts



Properties

Glycemic Index:32.9, Glycemic Load:3.31, Inflammation Score:-5, Nutrition Score:13.225217373475%

Nutrients (% of daily need)

Calories: 192.77kcal (9.64%), Fat: 7.38g (11.35%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 21.24g (7.72%), Sugar: 4.32g (4.79%), Cholesterol: 0.08mg (0.02%), Sodium: 466.76mg (20.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.77%), Manganese: 1.15mg (57.73%), Selenium: 15.64µg (22.35%), Calcium: 211.16mg (21.12%), Fiber: 4.97g (19.89%), Vitamin B1: 0.28mg (18.36%), Phosphorus: 176.57mg (17.66%), Magnesium: 63.73mg (15.93%), Vitamin B3: 3.08mg (15.41%), Copper: 0.27mg (13.45%), Vitamin B6: 0.25mg (12.5%), Vitamin E: 1.77mg (11.83%), Vitamin B12: 0.66µg (10.97%), Vitamin B2: 0.18mg (10.7%), Iron: 1.89mg (10.48%), Zinc: 1.46mg (9.7%), Folate: 36.1µg (9.02%), Potassium: 276.31mg (7.89%), Vitamin C: 4.33mg (5.24%), Vitamin D: 0.71µg (4.72%), Vitamin A: 233.97IU (4.68%), Vitamin B5: 0.33mg (3.26%), Vitamin K: 1.35µg (1.29%)