

# Oatmeal Pancakes

Yield: 9 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-oatmeal-recipe>

## Ingredients:

- 3/4 cup oat flour you can make this by pulsing rolled oats into a food processor or spice grinder until finely ground; 1 cup of oats y...
- 1 cup all purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 3/4 teaspoon coarse salt or Kosher
- 3 tablespoons unsalted butter melted and cooled slightly, plus extra for the pan
- 1 1/4 cups whole milk
- 1 cup oatmeal cooked
- 1 tablespoon honey unsulphured, not blackstrap molasses or 1 tablespoon
- 2 large eggs

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 60 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 4 grams
8. Sodium: 370 milligrams
9. Sugar: 7 grams

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