

Old Fashion Oat Buttermilk Pancakes

Number of servings: 4
Serving size: 4 small pancakes

Equipment:

Electric skillet or burner with frying pan
Spatula – non-scratch
Measuring cups – ¼ and 1 cup
Teaspoons – ¼ and ½ teaspoon
Tablespoons – 1 and ½ tablespoon

Ingredients:

1 cup old fashion rolled oats
1 cup buttermilk
1 egg
¼ cup whole-wheat flour
1 tablespoon sugar
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon cinnamon
1 tablespoon butter, melted

Mix oats and buttermilk. Cover and refrigerate overnight.

Add remaining ingredients and mix well.
Cook pancakes in skillet or on a stove.

No Cook Raspberry Sauce
Number of servings: 4
Serving size: ¼ cup

Equipment:

Blender
Zester

Ingredients:

1 pound thawed frozen raspberries
1 tablespoon honey
1 ½ tablespoons freshly squeezed lemon juice
zest from 1 medium lemon

In a blender, combine all ingredients. Blend until smooth.
Drizzle on pancakes or mix into yogurt.

Raspberry Sauce recipe from:
<http://www.afarmgirlsdabbles.com/2013/07/07/super-simple-fresh-strawberry-sauce-no-cook-recipe> Source for pancakes unknown.

Nutrition Facts	
Serving Size 4 small pancakes Serving Per Container 4	
Amount Per Serving	
Calories 273	Calories from Fat 72
% Daily Values*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 59mg	20%
Potassium 309mg	9%
Sodium 310mg	13%
Total Carbohydrate 41g	14%
Dietary Fiber 5g	20%
Sugars 7g	
Protein 10g	20%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Facts	
Serving Size Serving Per Container 4	
Amount Per Serving	
Calories 133	
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 29g	
Protein 1g	2%
Vitamin A 1%	• Vitamin C 35%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g