

Oatmeal Nut Pancakes



Cooking with

Kids!

- 1. Have your kids help mix all the pancake ingredients together.**
- 2. Great opportunity to teach older kids how to flip pancakes. Be sure to supervise carefully!**
- 3. Kids can help add toppings on top of pancakes.**

Additional Notes

Get creative with toppings!

Yogurt and honey with blueberries, bananas, raspberries, and/or strawberries

Cream cheese with jam or syrup

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Utah State University Extension

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Ingredients

- 1 1/2 cups whole wheat flour
- 2 tsp baking powder
- 1/2 tsp salt
- 2 cups low-fat milk
- 2 eggs
- 2 Tbsp canola oil
- 2 Tbsp honey
- 1 cup oats, uncooked
- 1 cup pecans, finely chopped (optional)

Instructions

1. Combine flour, baking powder, and salt in a medium bowl and mix well.
2. Add in milk, eggs, oil, and honey. Mix until smooth.
3. Stir in oats and pecans.
4. Cook on nonstick griddle or pan over medium heat until golden on one side. Flip and cook on other side until golden and cooked through.