

National Nutrition Month



Oat and Yogurt Pancakes

INGREDIENTS & DIRECTIONS

- 3/4 cup of oats
- 1 teaspoon of baking soda
- 2 large eggs
- 1/4 cup + 1 tablespoon yogurt
- Top with fruit of your choice
- Mix Quick Oats & Baking Soda
- In a separate bowl whisk the eggs & yogurt together
- Mix the dry & wet ingredients
- Cook the pancakes per usual, by putting dollops of the mix onto the greased pan on the stove top
- Once pancakes are cooked, top them with fruit