

# All About Wholegrains ... Oatmeal Pancakes



Serves: 4 pax

INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> <li>• 1 ½ cup plain flour</li> <li>• ½ cup oatmeal</li> <li>• 2 tsp baking powder</li> <li>• 2 eggs (separate)</li> <li>• 1 ½ cup low fat milk</li> <li>• 2 ½ Tbsp sugar</li> <li>• 1 tsp vanilla essence</li> <li>• Fruits &amp; honey, to serve</li> </ul>	Energy (kcal)	330
	Carbohydrate (g)	58.9
	Protein (g)	12.1
	Fat (g)	4.8
	• Saturated Fat (g)	1.7
	• Polyunsaturated Fat (g)	1.0
	• Monounsaturated Fat (g)	1.0
	Cholesterol (mg)	116
	Dietary Fibre (g)	2.1
	Sodium (mg)	168
	Potassium (mg)	123
	Phosphate (mg)	701

## Methods

1. Combine flour, oatmeal and baking powder in a mixing bowl. Make a well in the middle and pour in milk and egg yolk mixture. Incorporate well.
2. Whip the egg whites while adding the sugar gradually till soft peaks with an electric mixer. Fold in the egg whites to the mixture with a spatula until combined.
3. Heat a non-stick frying pan over medium heat, pour approximately ¼ cup of batter onto the hot pan. Flip the pancake over when tiny bubbles start to form. Cook for another 1-2 minutes until both sides are golden brown. Continue to cook with the remaining batter.
4. Serve with cut fruits and honey if desired.

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