Recipe
County information
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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program


| Prep Time: | 10 minutes |
| ---: | :--- |
| Cook Time: | 15 minutes |
| Serving Size: | 1 pancake |

Nutrients Per Serving: Calories 100 , Protein 4 g, Carbohydrate 13 g, Dietary Fiber 1 g, Total Fat 4 g, Saturated Fat $1 \mathbf{g}$, Sodium $170 \mathbf{m g}$

## Pancakes using Better Baking Mix

## INGREDIENTS

Better Baking Mix

4 cup all-purpose
4 cup quick rolled oats (or whole wheat flour)
1 1/3 cup non-fat dry milk
4 teaspoon baking powder
1 teaspoon salt

Pancakes

2 cup Better Baking Mix
2 eggs, beaten
2 Tablespoons vegetable oil
1 cup water

Try applesauce or other fruit on pancakes instead of syrup

