



# WESTERN WISCONSIN HEALTH

## OATMEAL PANCAKES

- 1 C. oatmeal
- 3/4 C. sugarless applesauce
- 3/4 C. liquid egg whites
- Cinnamon or pumpkin spice to taste
- Chopped pecans, optional

### Nutrition Facts

Serving Size (118g)  
Servings Per Container

Amount Per Serving

**Calories** 150      **Calories from Fat** 15

% Daily Value\*

**Total Fat** 1.5g      **2%**

**Saturated Fat** 0g      **0%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 90mg      **4%**

**Total Carbohydrate** 25g      **8%**

**Dietary Fiber** 4g      **16%**

**Sugars** 7g

**Protein** 8g

Vitamin A 2%      • Vitamin C 40%

Calcium 6%      • Iron 10%

\*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Blend all ingredients until smooth. Form into pancakes and cook on griddle. These keep well in the refrigerator and are good cold as a snack.

Notes: Pumpkin spice may be used in place of cinnamon. Chopped pecans are also optional.

NUTRITION FACTS: Serving size: 1 pancake per serving, 4 servings