

Oatmeal Recipes

High Protein Oatmeal Pancakes or Waffles



INGREDIENTS

- 1 packet Maple & Brown Sugar Oatmeal
- 1 large Egg
- 1 Tbsp flour (we use oat flour)
- $\frac{1}{4}$ cup Water

DIRECTIONS

- 1 Mix all ingredients until well blended.
- 2 For pancakes, drop onto a non stick pan and cook on medium low until bubbly, then flip.
- 3 For waffles, pour into waffle maker and cook for 2 minutes.
- 4 Enjoy plain or with your favorite toppings!

Nutrition: 210 calories, 7 g fat, 16 g carbohydrates, 22 g protein, 2 g fiber



30% fat, 30% carb, 40% protein