



Green Oat Pancakes for St. Patrick's Day



45 m  40 servings  100 cal 

Recipe By: [morewithlessmom](#)

"Here is a wholesome breakfast alternative for your St. Patrick's Day celebration. They are a little less fluffy pancake and a little more hearty goodness. These are based on Taste of Home's Brown Sugar Oatmeal Pancakes. I made them a little healthier. And green. We served with applesauce, strawberry simple syrup, powdered sugar, or maple syrup. You could also try molasses. Originally posted on my blog."

Ingredients

4 cups buttermilk	2 teaspoons baking soda
2 1/2 cups old-fashioned oats	1 teaspoon ground cinnamon (optional)
2 cups all-purpose flour	2 teaspoons salt
2 cups whole wheat flour	4 eggs
1 1/3 cups brown sugar	1/2 cup applesauce
1 tablespoon wheat germ (optional)	10 drops green food coloring, or as needed

Directions

- 1 Combine buttermilk and oats in a large bowl; let soak for 5 minutes.
- 2 Combine flours, brown sugar, wheat germ, baking soda, cinnamon, and salt in a large bowl.
- 3 Whisk eggs, applesauce, and green food coloring into the oats mixture. Add more green food coloring if desired. Stir in flour mixture until batter is just moistened.
- 4 Preheat the oven to 200 degrees F (95 degrees C).
- 5 Heat a lightly oiled griddle to 350 degrees F (175 degrees C). Pour batter onto the griddle using a 1/3 cup measure. Cook until bubbles form and the edges are dry, 3 to 4 minutes. Flip and cook until browned on the other side, 2 to 3 minutes.
- 6 Place pancakes on a baking sheet and keep warm in the oven. Repeat with remaining batter.

Total Fat: 1.2g 2 %

Saturated Fat: 0.0g

Cholesterol: 20mg 7 %

Sodium: 214mg 9 %

Potassium: 104mg 3 %

Total Carbohydrates: 19g 6 %

Dietary Fiber: 1.5g 6 %

Protein: 3.6g 7 %

Sugars: 6g

Vitamin A: 32IU

Vitamin C: 0mg

Calcium: 42mg

Iron: 1mg

Thiamin: 0mg

Niacin: 2mg

Vitamin B6: 0mg

Magnesium: 21mg

Folate: 20mcg