

#QUARANTINE KITCHEN | Budget-Friendly Recipes Using Canned & Dry Foods

Cinnamon Oatmeal Pancakes *(Makes about 10 servings.)*

Ingredients

- 1½ c. flour
- 1 tsp. baking powder
- ½ tsp. salt
- 1 tsp. cinnamon
- 1 egg
- 1½ c. cooked oats
- ½ c. evaporated milk
- ½ c. water
- Nonstick cooking spray

Directions:

1. Mix flour, baking powder, salt, and cinnamon in a large bowl.
2. In a separate bowl, combine egg, oats, milk, water, and stir well.
3. Add oatmeal mixture to the flour mixture, and stir until combined.
4. Coat a large skillet with nonstick cooking spray and heat over medium heat.
5. Pour large spoonfuls of batter into skillet. Cook until bubbles show on tops of pancakes, about 2 to 3 minutes. Flip and cook an additional 2 minutes, or until golden brown and cooked through.
6. Serve warm by themselves or top with canned or fresh fruit.

Nutrition info: Serving size: 2 pancakes, Calories: 120, Total Fat: 2 g, Saturated Fat: 1 g, Cholesterol: 25 mg, Sodium: 190 mg, Total Carbohydrate: 20 g, Dietary Fiber: 1 g, Sugars: 0 g, Protein: 4 g. *Recipe adapted from Commodity Supplemental Food Program Cookbook.*

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