

Rabbit Pancakes

This recipe is a good source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 1/2 cup all-purpose **flour**
- 1/2 cup old-fashioned **oatmeal**
- 3/4 cup **buttermilk**
- 1/2 cup **milk**
- 1 tablespoon **vegetable oil**
- 1 tablespoon **sugar**
- 1 teaspoon **baking powder**
- 1/2 teaspoon **baking soda**
- 1/2 teaspoon **salt**
- 1 **egg**
- 1/2 cup grated **carrot**

Directions:

1. Beat all ingredients in a medium-sized bowl with a hand beater until smooth.
2. Spray griddle with non-stick cooking spray. Heat griddle. (To see if griddle is hot enough, sprinkle with a few drops of water. If bubbles skitter around, heat is just right.
3. For each pancake, pour about 1/4 cup of batter onto the hot griddle.
4. Cook until pancakes are puffed and dry around edges. Turn and cook other side until golden brown.
5. Serve with applesauce, fresh fruit or yogurt if desired.

Nutrition Facts

Serving Size 3 3" pancakes (108g)	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 500mg	21%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 6g	
Vitamin A 40%	• Vitamin C 2%
Calcium 15%	• Iron 6%
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

5 servings, 3 pancakes each

Bright Ideas:

Source: Oregon State University Extension Service, Start Smart Eating and Reading. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>