

NEW ZEALAND  
**Harroways**  
Oats



## Oat Hotcakes

### Harroways Oat Hotcakes

- 1 egg
- 1¼ cups (300 ml) low fat **milk**
- 1 tablespoon (12g) **sugar**
- 1 cup (90g) **Scotch Oats**
- ¾ cup (90g) **flour**
- ½ teaspoon **baking soda**
- ½ teaspoon **baking powder**



Whisk egg in bowl add milk and stir. Add sugar, Scotch oats, flour, baking soda and baking powder. Heat pan to medium and lightly grease with a Tick approved oil (canola). Place spoonfuls in hot pan, cook until light brown then flip and cook the other side. Eat hot with your favourite topping.

*Makes 15 piklets, each piklet contains: 264kJ energy, 9.8g Carbohydrate, 2.0g Sugar. Toppings are additional. We suggest low fat yoghurt and fresh fruit or a small drizzle of honey.*

FOR MORE RECIPES... [www.harroways.co.nz](http://www.harroways.co.nz)