

NEW ZEALAND  
**Harroways**  
Oats

# Oat Pancakes



## Harroways Oat Pancakes

1 egg

300 ml low fat milk

40g **Harroways Scotch Oats**  
or 1x 40g sachet **Harroways Plain Oat Singles**

60g plain flour

Whisk egg in a bowl add milk and stir. Add Scotch Oats and flour. Heat pan to low-medium and lightly grease with a Tick approved oil spray (canola). Pour some batter into the hot pan, cook until light brown then spray with oil and flip and cook the other side. Eat hot with your favourite topping.

*The recipe makes 3 pancakes recommend serve size 1 pancake contains: Energy 839kJ, Carbohydrate 28.5g, Sugar 6.2g.*

