

Eat to Live Well

Recipes for a Healthy Life after Bariatric Surgery



Pumpkin Pancakes

Ingredients:

- 1 cup quick cook oats
- 1 cup whole wheat flour
- 2 tsp baking powder
- 2 tsp baking soda
- 1 Tbsp cinnamon
- 1 tsp allspice
- 1/2 tsp ginger
- 1 1/2 cup fat free (skim) milk
- 1 cup pumpkin
- 1 egg
- 2 Tbsp unsweetened applesauce

Directions:

1. Mix first 7 ingredients in bowl.
2. Add in last 4 ingredients.
3. Mix until blended.
4. Pour batter in 1/4 cup servings on griddle.
5. When batter starts to form bubbles, flip pancake.

Servings per recipe: 6

Nutritional info (per serving):

Calories 170, Total fat 2.5 g (Saturated fat 0.5 g), Cholesterol 32 mg, Carbohydrate 32 g, Fiber 6 g, Protein 8 g

Submitted by employee

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www.charleston.va.gov/services/bariatric