

Oatmeal Bisquick Mix

Makes 10 cups

Ingredients

- 3½ cups Quick oats
- 3 cups white whole wheat flour
- 2 cups unbleached all-purpose flour
- 2-4 tablespoons sugar
- 3 tablespoons baking powder
- ½ tablespoon salt
- 1 tablespoon baking soda
- 1 cup melted coconut oil

UCI Campus
Recreation
UCI Wellness



health & fitness
fridays

Created By:

Chef Jessica VanRoo
Culinary Education Director
UCI Campus Recreation
jvanroo@uci.edu

Instructions

1. Place oats in your food processor and grind into a fine powder
2. Whisk all the ingredients together and store in labeled bags. The mixture should clump together when you squeeze it in your hand. If it still crumbles, add more oil.
3. To make regular pancakes. ; 1 cup mix with 1 egg and ¾ cup milk. Let the mixture sit for 5-10 minutes to thicken. Cook on a well hated and grease griddle or non-stick pan. 1 cup mix will make about 5-6 pancakes.
4. Freeze mix for up to 3 months