

Oatmeal Pancakes Recipe

Healthy Low-Fat Pancakes with Fun, Low-Fat, and Vegan Variations by Jill Harris

Ingredients: serves 3-4 for breakfast

- 1 ½ cups rolled oats
- 2 cups milk or soy milk
- ½ cup whole wheat flour
- ½ cup all-purpose flour
- 1 tbsp. each brown sugar and baking powder
- 1 tsp. salt
- ½ tsp. cinnamon
- 1 ½ tsp. vanilla extract (optional)
- 2 eggs, beaten
- ¼ cup butter, melted

To make low-fat pancakes:

- Substitute 4 egg whites for whole eggs
- Substitute half or all the butter with unsweetened applesauce
- Serve with low-sugar maple-flavoured syrup, low-sugar jam, or applesauce

Directions:

1. In a large bowl, blend together oats and milk and let stand 5 minutes.
2. In a medium bowl, stir together white flour, whole wheat flour, sugar, baking powder, salt and cinnamon.
3. To the oat mixture, add the eggs, butter, and the large bowl of dry ingredients.
4. To make pancakes, use approximately ¼ cup batter per pancake. Cook over medium-high heat on a grill or lightly-oiled frying pan.
5. Serve with applesauce or maple syrup.

Fun variations:

- Fold in 1 cup frozen blueberries at step three. Fresh berries are extremely fragile and usually break when being mixed into a batter.
- Add 1 cup chocolate chips at step 3.
- Serve with a mound of fresh fruit.
- While it's still hot, spread each pancake with natural peanut butter and let it melt and get oozy. Top with sliced bananas and a drizzle of real maple syrup.
- For a high protein treat, top each pancake with a dollop of cottage cheese and honey.
- Bring leftovers as a bagged lunch. Or, make a sandwich using pancakes. Try peanut butter and jam or almond butter and grated carrot.
- Kids can roll up pancakes with their hands and dip into syrup.