

Oatmeal Pancakes

Makes 6-8 pancakes

Ingredients

½ cup all-purpose or whole wheat flour

½ cup dry oats

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon cinnamon or apple pie

spice 2 tablespoons sugar

½ cup natural applesauce

½ cup fat free

milk 2 large egg

whites 1

tablespoon oil

Vegetable cooking spray

Directions

1. In a large bowl, whisk together the dry ingredients: flour, oats, baking powder, baking soda, cinnamon and sugar.
2. Add applesauce, milk, egg whites and oil to the dry ingredients and stir just until mixed. Batter will be lumpy.
3. Heat a nonstick skillet over medium heat. Once hot, coat with cooking spray and spoon batter onto the skillet to form 4 pancakes. Cook until bubbles begin to form on the surface and lightly brown on the bottom. Flip and cook for an additional few minutes or until both sides are golden brown. Repeat with remaining batter.
4. Serve with mashed berries or warm applesauce. Can also drizzle lightly with maple syrup.