

Jenny's Oatmeal Pancakes

I love to make pancakes on Sunday morning. They need to be delicious, but when I make them, they also need to be healthy and do some good. These pancakes are all of that... delicious, low fat and healthy. What a great combination of soluble fiber (good for cholesterol) and insoluble fiber (good for colon health). A non-stick griddle is best since there's no need for butter, and the secret to fluffy pancakes is: DO NOT OVER-MIX. A lumpy batter is a good batter.

1 cup regular oats (not instant)
½ cup whole grain pastry flour (or whole wheat pastry flour)
1 tablespoon sugar
1½ teaspoons baking powder
½ teaspoon baking soda
⅛ teaspoon salt
1 cup reduced fat buttermilk
1 egg
2 tablespoons canola or vegetable oil

1. Preheat a non-stick griddle to 375° or preheat a large nonstick skillet to medium-high.
2. In a large bowl, combine the oats, flour, sugar, baking powder, baking soda, and salt. Stir well.
3. In a measuring cup, combine the buttermilk, egg and oil.
4. Add the buttermilk mixture to the oat mixture all at once, stirring until just moistened. Do not beat or over-mix.
5. Pour about ¼ cup of batter per pancake onto the hot griddle and cook for about 3 minutes. Turn once after bubbles appear on the top and cook another 2 - 3 minutes.
6. Serve with real maple syrup.

*Makes 6 to 8 pancakes