

## Jenny's Oatmeal Pancakes

1 cup regular oats (not instant)  
½ cup whole grain pastry flour (or whole wheat pastry flour)  
1 Tablespoon sugar  
1 ½ teaspoons baking powder  
½ teaspoon baking soda  
1/8 teaspoon salt

1 cup reduced fat buttermilk  
1 egg  
2 Tablespoons canola or vegetable oil

- Preheat a non-stick griddle to 375 degrees or preheat a large nonstick skillet to medium-high.
- In a large bowl, combine the oats, flour, sugar, baking powder, baking soda, and salt. Stir well.
- In a measuring cup, combine the buttermilk, egg and oil.
- Add the buttermilk mixture to the oat mixture all at once, stirring until just moistened. Do not beat or over-mix.
- 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.
- Serve with real maple syrup.

Makes 6 to 8 pancakes