

Oatmeal Pancakes

Ingredients:

1/2 cup whole wheat flour
1 cup quick-cooking oats
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon ground cinnamon
1/8 teaspoon salt
1 cup nonfat buttermilk
2 tablespoons butter, melted
1 large egg
Cooking spray



Directions:

1. Spoon flour into a dry measuring cup; level with a knife.
2. Combine the first 7 ingredients in a medium bowl, stirring with a whisk.
2. Combine buttermilk, butter, and egg in a small bowl. Add to flour mixture, stirring just until moist.
3. Heat a nonstick griddle over medium heat.
4. Coat pan with cooking spray.
5. Spoon about 2 1/2 tablespoons batter per pancake onto griddle.
6. Turn pancakes over when tops are covered with bubbles; cook until bottoms are lightly browned.