

OATMEAL PANCAKES

Adapted from Betty Crocker

INGREDIENTS

- 1 large egg
- 1/2 cup rolled oats, or quick-cooking oats
- 1 cup milk
- 2 T coconut oil, or canola oil
- 1 T vanilla
- 1 T brown sugar
- 1/2 cup whole wheat pastry flour (or all-purpose)
- 1 1/4-1/2 cup all-purpose flour
- 1 t baking powder
- 1/2 t baking soda
- 1/2 t kosher salt
- jam or syrup, to serve

DIRECTIONS:

1. Beat the egg using an electric mixer until pale and fluffy. Mix in the remaining ingredients, starting with just a cup of all-purpose flour. Add up to another 1/2 cup of flour to thicken the batter. If it gets too thick, add milk a tablespoon at a time until the perfect pancake consistency.
2. Heat a griddle or skillet over medium heat. Spray with cooking spray. Scoop batter onto the warm griddle 1/3 cup at a time, flipping when the top is bubbled and the bottom is set.
3. Keep warm in a 200°F oven or simply eat as you make them. If you have extras freeze them in a sealed container or bag and reheat in the toaster! Serve with jam or syrup.