



## Brown Sugar & Oatmeal Pancakes

- ½ cup plus 2 tablespoons quick oats
- ½ cup whole wheat flour
- ½ cup all purpose flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1/3 cup packed brown sugar
- 1 egg
- 2 tablespoons vegetable oil
- 1 cup buttermilk

Method: In a small bowl, combine the oats, flours, baking soda, salt and brown sugar. In another small bowl, whisk together the egg, oil and buttermilk. Stir into dry ingredients just until moistened. Pour batter by 1/3 cupfuls onto a greased hot griddle. Turn when bubbles form on top. Cook until the second side is golden brown. Makes about 10 pancakes. Serve with fresh fruit for topping – they are already sweet – no syrup needed! Per 2-pancake serving: 263 calories, 8 gm fat, 433 mg. sodium, 42 gm carbs, 3 gm fiber, and 7 gm protein. (Recipe adapted from Taste of Home, by RAMC Dietitian Judy Martin)



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