

## Oatmeal Pancakes

18 pancakes

### Ingredients

1 cup quick-cooking (not instant) rolled oats	1 Tbsp. baking powder
2 ½ cups fat-free milk	½ tsp. salt
½ cup whole wheat flour	½ tsp. cinnamon, nutmeg, or cloves, as desired
½ cup unbleached all-purpose flour	3 egg whites, lightly beaten
¼ cup toasted wheat germ	1 tsp. vanilla or almond extract, as desired
1 Tbsp. sugar	Canola cooking oil spray

In a medium-sized bowl, blend together the oats and milk and let stand for 10 minutes.

In a large bowl, combine whole-wheat flour, unbleached flour, wheat germ, sugar, baking powder, salt, and spice. Mix well.

Add the egg whites and vanilla extract to the oat mixture and stir. Combine the two mixtures, stirring until moistened with small lumps remaining. Don't overmix. Let this mixture stand in the refrigerator for 30 minutes.

Preheat a nonstick frying pan (or griddle) coated with cooking spray over medium heat. Working in batches, pour ¼ cup of the batter for each pancake onto the hot pan. Cook 3 to 4 minutes or until the top starts to bubble and the bottom is browned. Flip the pancakes. Cook 1 to 2 minutes longer, or until both sides are golden brown.

Per serving: 65 calories, <1 g total fat (0 g saturated fat), 11 g carbohydrates, 4 g protein, 1 g dietary fiber, 159 mg sodium.