

Wheat & Oatmeal Pancakes

serves 6

1 1/2 cup whole wheat flour
1 cup rolling oats
1 tsp brown sugar
1 tsp baking soda
1/2 tsp salt or sea salt
1 1/2 cups sour or buttermilk or almond milk with a
teaspoon of vinegar
1 egg
1 /3 cup applesauce
1 - 2 tbsp of cinnamon

Optional to be added in pancake batter or as a topping:

1/4 cup sliced or crushed almonds
1/2 mashed banana
1 cup frozen or fresh berries

Tips: Frozen berries warmed on stove top make a healthy replacement for syrup
Make pancakes into shapes for kids and use berries as decoration

In a large bowl, mix ingredients in the above order. Heat Griddle, rub some
butter on top and bake.

Turn over when bubbles start to form on top of pancake batter. Serve with fruit
or syrup.

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