

Oatmeal Pancakes

Making pancakes with oatmeal and whole wheat flour makes them healthier and more filling. One pancake has 4 of the 13 grams of protein kids ages 1-3 need each day. Each pancake also contains 2 of the 19 daily grams of fiber kids need for a healthy digestive system.

Makes 10 pancakes

Takes 10 minutes to prep and 10 minutes to cook

Ingredients

2 cups milk
2 cups rolled oats or quick oats
 $\frac{3}{4}$ cup whole wheat flour
2 Tablespoons sugar
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon cinnamon
2 eggs
 $\frac{1}{4}$ cup oil or melted butter

Instructions

1. Mix oats and milk together in a large bowl. Whisk in eggs and oil. Let sit while you prepare other ingredients.
2. In a separate big bowl, whisk together whole wheat flour, sugar, baking powder, salt and cinnamon. Make sure you whisk them together very well or there will be chunks of baking powder in your pancakes (yuck!).
3. Pour oat/milk/egg/oil mixture into the bowl of dry ingredients. Mix well.
4. Heat a frying pan or griddle to medium high heat. If you are not using a non-stick skillet or griddle, then you will need to put a thin layer of butter or oil in the pan to prevent sticking.
5. Once the griddle is hot, pour $\frac{1}{4}$ cup of batter onto the hot griddle. If your griddle is cold when you pour the batter in, the pancakes are more likely to stick.
6. Let cook until bubbles form and pop on the surface. The pancakes are delicate, so you might need to adjust the heat lower and cook them longer if they are falling apart when you try to flip them.
7. Flip them over and cook until browned on the other side and the pancakes are cooked through the middle. If they are doughy in the middle but burnt on the outside, you need to turn down the heat and cook them longer.
8. Enjoy! In the photo above, the pancakes are topped with frozen raspberries that have been microwaved for about 2 minutes.

