

# Oatmeal & Flax Seed Pancakes

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1 cup water

1/4 cup fat-free half & half

3/4 cup oatmeal (uncooked, quick or regular oats)

3/4 cup oatmeal flour (easy to make: just blend uncooked oatmeal in a blender!)

1 tsp baking powder

1/4 tsp salt (optional)

4 large whites

1/2 tsp cinnamon, ground

2 Tablespoons ground flax seeds

Heat water and half & half until hot (not boiling), stir in oats (not oatmeal flour) and set aside. Beat egg whites into a stiff foam with hand mixer or whisk, set aside. Mix remaining dry ingredients together and stir in mixture. Fold in egg whites until mixture is well blended. Spray pan with nonstick spray and cook pancakes until browned on both sides.

\*Depending on how long you've let the oats sit, you may need to add a little extra water to the batter to thin it out. It will still be thicker than regular pancake batter

Try these modifications:

Blueberry pancakes:

Add 1/4 c blueberries (fresh or thawed) to recipe and omit cinnamon

OatNut pancakes:

Add 1 1/2 tbspc diced pecans, walnuts or almonds to recipe.



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Smart *by Mark Sanders*