

Super Oat Pancakes

I mix in a dry form:

1. 6 scoops of Super Oats
2. 1 tsp baking powder
3. 1 tsp cinnamon
4. 1/2 tsp ginger
5. 1/4 tsp nutmeg
6. 1/4 tsp cloves

Then I add:

- 1 whole egg
- 1 cup of water

Mix thoroughly. Then make a little thinner with:

1/2 cup of water.

I place in the refrigerator for about 1 hour.

The mixture will thicken slightly and you may have to add anywhere from 1 to 2 tbs of water to make the consistency that will produce good pancakes.

I cook only on medium heat in a non-stick pan.

The mixture above yields between 18 and 21 pancakes, depending on the size that you make them. I use about 1 1/2 tbs of batter per pancake. The caloric value of the pancakes obtained from this recipe vary between 26 and 31 calories each. I store this mixture in the refrigerator and use it over period of 3 days. This is how I start some of my mornings.

Enjoy and let me know what you think about this recipe.