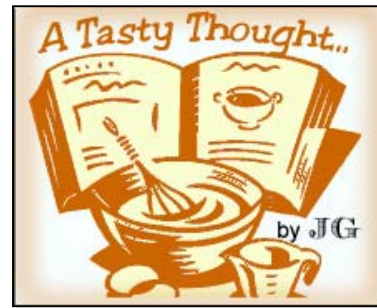


## A Recipe compliments of

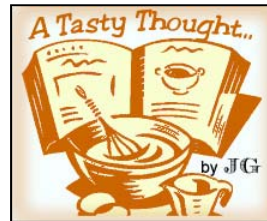


TRIM ON DOTTED LINE AND  
FOLD FOR RECIPE CARD

### Awesome Oatmeal Pancakes

#### Ingredients

- 2 Cups Old-Fashioned Rolled Oats  
2 Cups Fat Free Buttermilk  
\* \* \* \*  
1 Cup Fat Free Buttermilk – use as needed  
next morning  
½ Cup Flour  
2 TBS. Sugar  
1 tsp. Baking Powder  
1 tsp. Baking Soda  
¼ tsp. Cinnamon  
1 Egg + 2 Egg Whites, lightly beaten  
4 TBS. Olive Oil (for sauteing & baking)  
or 4 TBS. Melted Butter/Margarine



#### Method

1. Combine oats and buttermilk in a bowl, cover & refrigerate overnight.
2. Next morning – As needed, add more buttermilk to mixture so it can be combined easily.
3. Stir flour, sugar, baking powder, baking soda & cinnamon.
4. Add to oats mixture.
5. Add egg + egg whites and melted butter.
6. Stir all adding small amount of buttermilk if needed.
7. Pour ¼ cup portions on heated non-stick griddle.
8. When brown, flip over and cook other side.

Any extra pancakes can be frozen and enjoyed another morning. Place each cooled pancake in an individual sandwich bag. Then freeze all of the pancakes in a labeled Ziploc Freezer bag. Delicious!

Enjoy!!!  
JG

