



Banana-Oatmeal Hotcakes

INGREDIENTS:

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| ½ cup | Old-fashioned rolled oats | ¼ tsp | Baking soda |
| 1 cup | Water | ¼ tsp | Salt |
| 2 Tbsp | Light brown sugar | ¼ tsp | Ground cinnamon |
| 2 Tbsp | Canola oil | ½ cup | Skim milk |
| ½ cup | Whole wheat flour | ¼ cup | Non-fat plain yogurt |
| ½ cup | All-purpose flour | 1 each | Mashed banana |
| 1 ½ tsp | Baking powder | 1 each | Egg |

PREPARATION:

- In a large, microwave safe bowl, combine the oats and water.
- Microwave on high until the oats are creamy and tender; about three minutes.
- Stir in brown sugar and canola oil; set aside to cool slightly.
- In a separate bowl, combine the flours, baking powder, baking soda, salt, and ground cinnamon; whisk to blend.
- Add the milk, yogurt and mashed banana to the oats and stir until well blended; beat in the egg.
- Add the flour mixture to the oat mixture and stir until just moistened.
- Place a nonstick frying pan or griddle over medium heat; once hot, spoon ¼ cup pancake batter into the pan.
- Cook until the top surface of the pancake is covered with bubbles and the edges are lightly browned; about two minutes.
- Flip the pancake and cook for another 2-3 minutes.
- Repeat with remaining pancake batter.
- Serve immediately.

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| Number of servings: | 10 |
| Serving Size: | 1 pancake |
| Calories: | 90 |
| Fat Grams: | 3 |

