

Oatmeal Raisin Pancakes

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Ingredients:

1 3/4 cup oat flour	1/4 tsp. salt	2 tsp. cinnamon
1 tsp. sugar	1 cup milk	1/2 cup raisins
1 Tbsp. baking powder	2 large eggs	Cooking Spray

Directions:

Combine oat flour, sugar, baking powder, salt and cinnamon in a large bowl. In a separate bowl, whisk together milk and eggs. Pour wet ingredients into the dry ingredients and stir until a batter forms. Fold in raisins.

Preheat a flat griddle or large skillet on medium/high heat. Spray with cooking spray, then use a 1/4 cup to scoop the batter onto the griddle. Cook for approximately 1.5 - 2 minutes on both sides.

Serve warm. Or, wrap in plastic and place in a Ziploc bag to freeze. Pancakes last up to a month in the freezer.

Yields: 12 pancakes • Serv. size: 2 pancakes • Cals per serving: 165 • Fat per serving: 3.5 grams