

Oatmeal Raisin Pancakes

Ingredients:

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



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

Serving size: 2 pancakes

Calories per serving: 165

Fat per serving: 3.5 grams

For more recipes visit [ClarkMemorial.org](https://www.clarkmemorial.org) in the wellness section.