

Oatmeal Pancakes

Serves: 5

Ingredients

- 1 cup rolled oats
- 2 cups low fat Buttermilk OR low fat Kefir (my preference because of added protein and probiotic benefits)
- 9 tbsp egg whites (½ cup)
- 3 tbsp sugar
- 3 tbsp butter, salted
- 1 tsp cinnamon
- 1 tsp vanilla extract
- ½ cup flour
- 1 tsp baking powder
- 1 tsp, Crown baking soda
- ½ tsp salt

Directions

- Combine oats and buttermilk in a bowl and soak overnight.
- The next morning or day, add the eggs, sugar, butter, cinnamon, vanilla.
- Combine dry ingredients, add to the batter and let sit for 30 minutes.
- Heat griddle and scoop ¼ cup of batter for each pancake.

Notes

These can be frozen and pulled out as needed.

Topping Ideas

- 2 tablespoons of PB2 mixed with 1 tbsp of vanilla protein powder and water to mix.
- Fruit and Greek yogurt.

Added Protein Ideas

- Scramble 2 egg whites or make a serving of AppleGate Farms turkey sausage

