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a nut-free cooking blog

## Whole Wheat Oat Pancakes

Yield: 12 pancakes

Time: 20 minutes total

1 cup whole wheat flour  
½ cup oats (the Old Fashioned kind, not quick cooking)  
2 tsp. baking powder  
1 tsp. cinnamon  
1 egg  
1 cup skim milk  
2 tbsp. brown sugar  
¼ cup yogurt  
1 tsp. vanilla extract



1. In a medium mixing bowl, mix together the flour, oats, baking powder and cinnamon. Set aside.
2. In a separate medium mixing bowl, whisk together the egg, milk, brown sugar, yogurt, and vanilla. Whisk until no lumps remain.
3. Stir the dry ingredients into the wet ingredients, being careful not to overmix. (You'll get lighter, fluffier pancakes if you don't overbeat the batter! Nobody likes a tough, dense pancake!)
4. Heat a pancake griddle or frying pan. Lightly coat with non-stick spray and cook the pancakes over medium heat for about 2 minutes per side. The best way to know when the pancake is ready to be flipped over is to look for the little bubbles that rise to the surface and pop. Once you see a handful of these bubbles appear, it's time to flip!
5. Enjoy with your favorite toppings: maple syrup, butter, fresh berries,...