

H3I BANANA OATMEAL HOTCAKES

Ingredients:

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

NUMBER OF SERVINGS: 10

SERVING SIZE: 1 PANCAKE

CALORIES: 90

FAT GRAMS: 3



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.