



Basic Oatmeal Pancake

Ingredients:

6 egg whites
1/2 cup of DRY Oatmeal or any type of Flake
Sweetener to taste (Stevia/Agave etc)
Other Flavorings to taste (cinnamon, vanilla etc)

Directions:

- Fluff the egg whites with a fork.
- Add sweetener and other flavorings to taste (examples: vanilla, extracts etc)
- Mix in the DRY Oats until they are wet.
- Let this mixture stand for 5-30 mins while the pan is heating up. I have found this is great to mix up at night, leave in the fridge all night then fry in the morning... Awesome.
- Fry like a pancake

This has a heavy texture. These pancakes travel well. They can be made in advance and frozen for long trips. Great for driving or eating on the run.

Variations I have made:

Adding in European Cocoa Mix with extracts. I love these

I have made every combo with extracts. Each brings out a different flavor. Once I made this with Crystal Light, which added a very interesting color, texture and flavor. If you want something that is TART... try this with Crystal Light Lemonade, make sure to add a little sweetener else it is super tart.

Great Flake possibilities are: Oats, Rye, Quinoa, Spelt and Kamut flakes. I have also made this basic recipe with Cream of Wheat and Multi-grain cereal. Experiment and see what YOU like.

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