



MAINE GRAINS

Oat Pancakes



Recipe by customer, Janine Pineo, of GardenMaine

Ingredients:

- 1 ¼ cups regular rolled oats (*We recommend Maine Grains Rolled Oats*)
- 1 ¼ cup Maine Grains sifted wheat flour
- 1 tablespoon baking powder
- ¼ teaspoon salt (optional)
- 3 egg whites
- 2 ¼ cups buttermilk (if no buttermilk, add about 2 tablespoons of vinegar to 2 cups of skim milk, adding more milk to total 2 ¼ cups; stir)
- 2 tablespoons vegetable oil
- 2 teaspoons vanilla

Directions:

1. Combine oats, flour, baking powder, and salt. Set aside.
2. In a medium bowl beat the egg whites with a fork; stir in buttermilk, oil and vanilla. Add egg white mixture to flour mixture. Stir until just combined: The batter will be lumpy.
3. Let the batter sit for about 10 minutes or so, which will help the oats soften and the batter to rise.
4. Put a small amount of vegetable oil in a nonstick frying pan or griddle. I use a paper towel to coat the inside while removing any pooling of the oil.
5. Preheat over medium and ladle a dollop of batter into the heated pan. I never spread the batter, instead letting the heat spread it out. This generally makes for a thicker pancake but one that is a consistent height.
6. Cook for about 4 minutes or until the edges start to look dry with some bubbles or the underside of the pancake is at least golden. Flip and finish cooking.
7. Serve immediately with your favorite topping. That might be Maine maple syrup, Maine honey, Maine blueberry syrup or a fruit concoction, such as those freezer peaches from last summer that made their own syrup.

This makes about 10 7-inch pancakes, which refrigerate well for microwaving another day.