

Oat Pancakes

Pancakes always are a treat for a leisurely weekend breakfast or brunch. But these wheat and oat pancakes are exceptionally good. The Pear sauce with a hint of maple adds the crowning touch.

SERVINGS: 8 servings (16 pancakes)

CARB GRAMS PER SERVING: 28

Ingredients

- 1- $\frac{1}{4}$ cup regular rolled oats
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ cup whole wheat flour
- 1 tablespoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 3 slightly beaten egg whites
- 2- $\frac{1}{4}$ cups buttermilk
- 2 tablespoons cooking oil
- 2 tablespoons honey (optional)
- 1 teaspoon vanilla
- 1 recipe Maple-Pear Sauce (see recipe below)
- Nonstick spray coating

Directions

1. In a large bowl combine the oats, all-purpose flour, whole wheat flour, baking powder, and salt. Make a well in the center of mixture; set aside. In a medium bowl combine the egg whites, buttermilk, oil, honey (if desired), and vanilla. Add egg white mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Cover batter; allow to stand at room temperature for 15 to 30 minutes. Meanwhile, prepare Maple-Pear Sauce; keep warm.
2. Spray a griddle or heavy skillet with nonstick coating. Preheat over medium-high heat. For each pancake, pour about $\frac{1}{4}$ cup of the batter onto the hot griddle or skillet. Spread batter into a circle about 4 inches in diameter. Cook over medium heat about 2 minutes on each side or until the pancakes are golden, turning to cook second sides when pancakes have bubbly surfaces and edges are slightly dry. Serve with Maple-Pear Sauce. Makes 8 servings (16 pancakes).

Maple-Pear Sauce: Peel and core 4 large pears; cut pears into $\frac{1}{4}$ -inch slices. Toss with 1 tablespoon lemon juice; set aside. In a large heavy saucepan combine $\frac{1}{2}$ cup unsweetened apple juice, $\frac{1}{2}$ cup sugar-free pancake and waffle syrup product, and 3 inches stick cinnamon. Bring to boiling. Add pear slices; reduce heat. Simmer, uncovered, for 3 to 5 minutes or until the pears are tender. Stir together 2 tablespoons unsweetened apple juice and 1 tablespoon cornstarch; stir into pear mixture along with $\frac{1}{4}$ cup dried cranberries. Cook and stir until bubbly. Cook and stir for 2 minutes more. Remove from heat; discard cinnamon. Makes about 2 $\frac{1}{2}$ cups (eight $\frac{1}{4}$ -cup servings).



Nutrition Facts

Servings: 8 (makes 16 pancakes)

Calories 189

Total Fat 5g

Saturated Fat 1g

Monounsaturated Fat 2g

Polyunsaturated Fat 2g

Cholesterol 3mg

Sodium 317mg

Carbohydrate 28g

Total Sugar 4g

Fiber 3g

Protein 8g

Diabetic Exchanges

Starch (d.e.) 1

Other Carbohydrates (d.e.) 1

Fat (d.e.) .5