

Oatmeal Apple Pancakes

This recipe is a healthy way to prepare delicious pancakes. It should be OK for most diabetics since it is completely sugar free except for the natural sugar present in the apple. Its taste is excellent and will please even those who are not on a diet.

Ingredients

- *1 large apple
- * ½ cup Eggbeaters (or other egg substitute)
- *2 tablespoons Canola Oil (or other low cholesterol oil)
- *1½ cups skim milk
- *1 cup quick-cooking rolled oats
- *2 teaspoons baking powder
- *2 teaspoons ground cinnamon (optional)
- *1 cup all purpose flour

Procedure

Preheat a non-stick griddle or other non-stick pan to 350° F.

Peel and core the apple and cut into quarters (you can leave the peelings on if you want). Chop the apple into very small pieces and place them into a medium sized mixing bowl. Add the Eggbeaters, canola oil, milk and rolled oats. Stir the mixture just long enough so that the rolled oats are moistened by the mixture. Let this mixture rest for two minutes. Add the baking powder, cinnamon, and flour. Gently stir with a wire whip just long enough to dissolve the dry ingredients into the batter (a few lumps in the batter is OK). *Note:* stirring too long will result in tough pancakes.

Spoon the batter for each pancake onto the preheated griddle or pan (one large kitchen spoonful for each pancake). Cook each pancake on one side until lots of bubbles form and pop in the surface of the batter. Flip each pancake over and continue cooking until the center springs back when touched.

Suggested toppings: Margarine, Sugar Free or Low Sugar syrup, all-fruit spread, or honey.

Yield (6 servings)

This recipe makes 10 to 12 medium sized (5") pancakes.