

## *Oatmeal Pancakes (March 2006)*

*Serves 6 | Prep time: 10 minutes | Cook time: 15 minutes*

2 1/2 cups barley flour  
1 cup ground flax seed  
1 cup rolled oats  
4 tsp baking powder  
1 1/2 tsp salt  
2 tsp cinnamon

3 cups milk (rice, soy or cow)  
5 tablespoons olive oil (or canola oil)  
4 eggs  
1 tablespoon honey

1. Mix all dry ingredients in a large bowl.
2. Mix wet ingredients in a smaller bowl.
3. Pre-heat skillet to medium heat.
4. Pour wet mixture into dry mixture and stir until well mixed.
5. Grease pan with coconut oil to prevent sticking.
6. Spoon a half ladle of batter onto pan for each pancake.
7. Flip pancakes when bubbles appear evenly over top.

For added nutrition, top with a dollop of organic yogurt and a cup of berries. Sweeten with a little maple syrup or honey.

*For a quick toaster breakfast, freeze the remaining pancakes after cooling. Pop one in the toaster when you're running short on time!*