
ORANGE OAT PANCAKES

- ½ cup all-purpose flour
 - ½ cup whole wheat flour
 - ½ cup quick oats
 - 1 tablespoon baking powder
 - ¼ teaspoon salt
 - 1 large egg
 - ¾ cup orange juice
 - ½ cup nonfat milk
 - 2 tablespoons oil
 - Non-stick cooking spray
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1. In a large bowl, combine flours, oats, baking powder, and salt. Mix well.
2. In another bowl, crack egg. Beat lightly with fork. Add orange juice, milk, and canola oil to egg. Mix well.
3. Coat large skillet with non-stick cooking spray. Heat over medium-high heat.
4. Add wet ingredients to dry ingredients, Stir just until dry ingredients are mixed. Do not over mix.
5. Pour ¼ cup of batter into hot pan for each pancake. Adjust heat as needed.
6. Flip pancakes when bubbles appear on top of batter and edges are brown (3-4 minutes).
Cook second side until browned (2-3 minutes).

Serves 6; 2 (4-inch) pancakes per serving. Recipe adapted from Cooking Matters for Kids.

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