

Pancakes (Wheat Free)

Dry Ingredients:

1 ¼	cups	Oat Bran
¼	cup	Quick Oat meal
2	tablespoons	sugar
3	teaspoons	baking powder
½	teaspoon	salt



Wet Ingredients:

1		egg, beaten
1 ¼	cups	water (<i>reserve ½ cup</i>) <i>see note</i>
2	tablespoons	vegetable oil

Sift dry ingredients together.

Beat together 1 egg, **¾ cup** of the water and 2 TBSP vegetable oil.

Pour the liquids into dry ingredients (Stirring only until combined).

Let stand 10 minutes then gently stir.

Preheat griddle or heavy fry pan to 380°F.
(Drops of cold water will dance across it).
Grease lightly with vegetable oil.

Use ¼ cup batter for each pancake.

Cook pancakes until the surface is covered with bubbles and the edges lose their gloss.

Flip and cook until golden brown.

Makes about 12 (4-inch) pancakes.

Note:

As the batter continues to thicken add some of the remaining water.