

Wholegrain Pancakes

Serves 6

- $\frac{3}{4}$ cup whole wheat flour
- $\frac{3}{4}$ cup regular oats
- 1 $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1 dash ground nutmeg
- 1 $\frac{1}{4}$ cups buttermilk
- 1 large egg
- 2 tbsp pure maple syrup
- 2 tbsp butter, melted

Stir all dry ingredients together to combine. In a separate bowl, whisk buttermilk, egg, maple syrup and melted butter. Pour buttermilk mixture into dry ingredients and stir just until blended (A few lumps are OK).

Heat a griddle over moderate heat and grease lightly. Drop spoonfuls about $\frac{1}{4}$ cup in volume onto griddle and cook until surface of pancake dulls and bottom is golden brown, about 3 minutes. Flip pancakes and cook until other sides browns, about 2 minutes and place onto plate. Keep pancakes warm while cooking remaining batter and serve with warm maple syrup.

