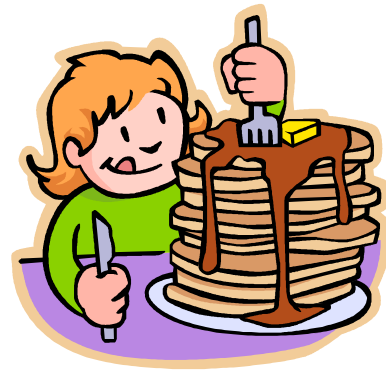


Pancakes

- 330 ml(250+80) flour
- 60 ml brown sugar, packed
- 60 ml rolled oats
- 60 ml cornmeal
- 10 ml baking powder
- 10 ml cinnamon
- 5 ml ginger
- 2 ml baking soda
- 1 ml salt
- 1 egg, beaten
- 375 ml buttermilk (OR 375ml Milk + 30 ml lemon juice)
- 30 ml oil
- 5 ml vanilla



1. COMBINE, all-purpose flour, brown sugar, oats, cornmeal, baking powder, cinnamon, ginger, baking soda and salt in a large bowl. Make a WELL in the center.
2. In a separate bowl, MIX together egg, buttermilk ingredients, oil and vanilla.
3. Add to the well. STIR until just moistened; batter may be lumpy.
4. HEAT a lightly oiled non-stick skillet over MEDIUM HIGH heat.
POUR the batter onto the skillet, not making it too large or it will be very difficult to turn.
COOK for 2-3 minutes or until edges appear dry.
TURN pancakes over and cook for an additional 2 minutes. Remove from pan.

