

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Oatmeal Pancakes

From [www.orangette.blogspot.com](http://www.orangette.blogspot.com)

These pancakes are great! Soaking the oats overnight breaks down the phytic acid in the oats, making them easier to digest, as well as making the oats plump and get soft. You can also add fresh or frozen blueberries. If you use frozen you do not have to thaw them beforehand. Let the pancakes cook for a minute or two on the first side, then press the blueberries into the individual pancakes as they cook before you flip them.

Makes about 12 pancakes, or 3 to 4 servings

2 cups rolled oats  
2 cups buttermilk  
½ cup spelt or whole wheat flour  
2 Tbsp. organic unrefined cane sugar or honey (*Rapunzel* is the brand of cane sugar you can find at Dierberg's.)  
1 tsp. baking powder  
1 tsp. baking soda  
½ tsp. salt  
2 large eggs, lightly beaten  
½ cup (1 stick) unsalted butter, melted but not hot  
Vegetable oil or spray, for greasing the pan  
Fresh or frozen blueberries, optional  
Maple syrup, for serving

*The night before:*

Combine the oats and buttermilk in a medium bowl. Stir to mix. Cover with plastic wrap, and refrigerate overnight.

*The morning of:*

1. Take the bowl of buttermilk and oats out of the fridge. Set aside.
2. In another medium bowl, whisk together the flour, sugar or honey, baking powder, baking soda, and salt. Set aside.
3. Add the eggs and melted butter to the oat mixture, and stir well. Add the flour mixture, and stir to blend. The batter will be very thick.
4. Warm a large nonstick skillet or griddle over medium-high heat, brush (or spray) with vegetable oil. To make sure it's hot enough, wet your fingers under the tap and sprinkle a few droplets of water onto the pan. If they sizzle, it's ready. Scoop the batter, about a scant ¼ cup at a time, onto the pan, taking care not to crowd them. When the underside is nicely browned and the top looks set around the edges, flip the pancakes. Cook until the second sided has browned.
5. Re-grease the skillet, and repeat with more batter. If you find that the pancakes are browning too quickly, dial the heat back to medium.
6. Serve hot, with maple syrup.