

## **BUTTERMILK MULTI-GRAIN PANCAKES**

*Buttermilk lightens the texture of these hearty pancakes.*

1 1/4 cups (300 mL) whole wheat flour	1/4 tsp (1 mL) salt
1 cup (250 mL) old-fashioned rolled oats	2 cups (500 mL) buttermilk
1/4 cup (50 mL) cornmeal	2 eggs
1/4 cup (50 mL) wheat germ	1/4 cup (50 mL) oil
2 tbsp (25 mL) whole flaxseed, ground	2 tbsp (25 mL) packed golden brown sugar
1 tbsp (15 mL) baking powder	1 tsp (5 mL) vanilla
1/4 tsp (1 mL) baking soda	

Combine first 8 ingredients (flour through salt) in a bowl. Whisk together buttermilk, eggs, oil, brown sugar and vanilla until blended. Add buttermilk mixture to flour mixture and stir just until combined. Do not overmix. Batter will be thick. Using 1/4 cup (50 mL) batter for each pancake, spoon batter, spreading lightly, onto a lightly greased griddle over medium heat. Cook pancakes until golden brown, about 2 minutes per side. Makes about 16.