

# From NEW LIFE GUIDE TO HEALTHY EATING

by Jimmy LaSage

## OATMEAL PANCAKES

1/2 cup whole wheat flour

1 1/2 cups rolled oats

1 1/2 cups milk

2 egg whites

2 tsp molasses

3 tsp baking powder

Mix dry ingredients & mix wet ingredients separately. Pour wet

over day + this until  
blended. both like regular  
pancakes + was very little  
oil.

Enjoy!