

Multigrain Pancakes

Mix:

1/2 cup regular oats

1/4 cup XyloSweet xylitol

2 cups 10 grain flour

2 tsp baking powder

1/2 cup whole wheat flour

1/2 tsp salt

1/2 cup cornmeal

1 tsp baking soda

1/4 cup wheat bran

1/2 cups buttermilk pancake mix

1/4 cup toasted wheat germ

Combine:

3 TBSP vegetable oil

2 egg whites: slightly beaten

Combine buttermilk, oil and egg whites; stir well, then add dry ingredients, mix until smooth. Batter will be slightly thick. Spoon about 1/4 cup batter into a hot nonstick griddle or skillet coated with cooking spray. Turn when covered with bubbles and edges look cooked. Makes about 10 – 4 inch pancakes.