



## Preventive Primary Care ~ Select



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## Buttermilk Pancakes/Waffles

In a small bowl mix and let sit:

2 Cups low fat buttermilk  
1/2 Cup applesauce  
2 eggs  
1/2 cup whole rolled oats  
2 tsp vanilla

In a large bowl whisk:

2 Cups flour  
1/4 Cup oat bran  
2 tbs. corn meal  
1 1/2 tsp baking soda  
1 1/2 tsp baking powder  
1 tsp salt

Add the small bowl to the large bowl and mix. Add more buttermilk if needed for liquid.  
Fold in fruit, if desired, and cook as usual.