



# blueberry oat pancakes

recipe: inspired by Mr. Rutherford

Yields about 6-8 pancakes.

- 1 1/2 cups all purpose flour
- 2/3 cup rolled oats (not the quick cooking kind)
- 2 tablespoons light brown sugar, packed
- 3 tablespoons ground flax
- 3 teaspoons baking powder
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon cinnamon
- a generous pinch of salt
- 1 egg
- 1 cup milk (I use skim)
- 1 tablespoon canola oil
- 1/2 - 1 cup of fresh or frozen blueberries, to taste
- oil/butter for grilling

Mise en place - begin by getting organized. Read through the entire recipe before beginning. Measure out all of your ingredients. Preheat your skillet on medium low or slightly warmer - the pan should be well-heated before grilling. Cooking the pancakes just under medium heat will take longer, but ensures they cook evenly and are golden without getting overly crisped.

Preheat a skillet as indicated above. Brush with oil/butter when ready to grill the pancakes, and re-grease between batches.

In a large bowl, whisk together the flour, rolled oats, brown sugar, ground flax, baking powder, cardamom, cinnamon and salt.

In a separate bowl whisk together the egg, milk and canola oil.

Stir the milk mixture into the dry ingredients, mixing until just combined.

Brush your pre-heated skillet with butter or oil, then scoop/ladle the batter into the skillet - about 1/3 cup per pancake. Sprinkle blueberries over the top of each pancake. Do not overcrowd the pan - it makes flipping difficult. Flip when you see lots of bubbles forming and popping over the surface of the pancake - the bottom should be nice and golden. If batter or blueberries escape during the flipping process, use your spatula to gently push it back in. Cook until the second side is golden. Serve immediately or keep warm in the oven set at about 150°F. Serve warm with maple syrup or topping of your choice.

