

## Oatmeal Pancakes With Honey And Mixed Fruits

These pancakes are made from oats and wholemeal flour so they are much healthier than your regular batch and it also makes them Low GI meaning you'll be fuller for longer!

Try this Recipe over your usual flour, egg and milk mixture.... I guarantee you won't regret it!

What you'll need for the pancakes:

75g Porridge Oats  
150g Wholemeal Flour  
1-2 tsp Cinnamon (to taste)  
pinch of Salt  
1 Large Egg  
275ml Skimmed Milk  
For Cooking and dressing:



Low Calorie Cooking Spray.. (I personally find that if you have a good quality non stick pan you don't need to add the spray making these pancakes even better! )

Drizzle of honey  
200g mixed fruit  
2 tbsp fromage frais or natural yoghurt

Method:

1. In a large bowl, mix the flour, oats cinnamon and the salt.
2. Stir in the egg and 50mls of the milk
3. Then slowly stir in the rest of the milk until the mixture becomes a smooth batter.
4. Heat a large frying pan (non stick if possible!) and spray on the low cal cooking spray.
5. Add a couple of tablespoons of the batter to the pan and cook for about 2 minutes each side. The pancakes will be smaller than your regular pancakes but much thicker and much nicer!
6. Drizzle the honey over the pancakes and serve with the fresh mixed fruit and yoghurt mix....Yummy!!