BANANA OAT PANCAKES

3/4 C. dry oats (quick-cooking or old-fashioned) or oat bran
2 C. skim milk or soy milk
1 C. whole wheat pastry flour (or 1/2 C. whole wheat and 1/2 C. all-purpose flour)
1 T. baking powder
3 dashes of cinnamon, optional
1 egg or 2 egg whites
1/2 tsp. vanilla, optional
2 bananas, peeled
1/4 C. chopped walnuts, optional

Mix oats and milk in medium-sized bowl and let stand for 5 minutes to give some extra soaking time. Mix well the flour, baking powder and cinnamon in a small bowl. Add this mixture to the milk and oats. Gently mix in the eggs and vanilla. Slice bananas very thin. Fold bananas and nuts into the batter. Heat griddle over medium-high heat. Spray with cooking spray when the griddle is hot enough that, when sprinkled with drops of water, the drops of water dance on the surface. Pour 1/4 cup of the batter onto the hot griddle and cook over medium heat. After pouring the batter onto the griddle, give a quick shake to spread the batter out slightly. Cook until the bubbles appear on the surface of the batter; flip the pancakes and cook until browned on the bottom. Serve with reduced-calorie syrup, fruit spread, or applesauce on top, or with fresh cantaloupe or berries on the side.

NUTRITION FACTS: Serving size: 3 pancakes, 4 servings