

1. Mix together all ingredients except oil, beat well together and leave to stand for 10 minutes.
2. Heat oil in frying pan, add tablespoons of mixture to pan. Cook until golden on one side and turn over and cook other side.
3. Serve with a fruit and yoghurt topping for a delicious breakfast.

25g porridge oats**100g wholemeal self-raising flour****1 tsp baking powder****1 large egg****150ml skimmed milk/soya milk****1 tsp vanilla essence or 1/2 tsp cinnamon****1 tbsp oil**

NB : grated apple or pear could be added to mixture or a handful of dried fruits

'What's Cooking!' Recipe Card***Treats*****OAT PANCAKES****Preparation time 3 mins****Cooking time 4 mins****FOOD FACT**

Oats, being a complex carbohydrate, break down gradually in your body, keeping your blood sugar stable, and giving you slow energy release.

They have a high content of vitamins- A and B and minerals - iron and calcium, and are high in dietary fibre.

makes 8-10 pancakes