



Simple | Healthy | Delicious

## Oat and Amaranth pancakes

### INGREDIENTS

1-1/2 cups whole wheat pastry flour
2 tablespoons packed light brown sugar
1 tablespoon baking powder
1/2 teaspoon salt
1-1/2 cups old-fashioned rolled oats (do not use quick-cooking or steel-cut oats)
1/4 cup Nature's Earthly Choice Amaranth
2 large eggs, at room temperature
1-1/3 cups milk (whole, 2%, 1%, or fat-free)
3 tablespoons toasted nut oil of any stripe (pecan, walnut, etc.) plus more for the griddle
1 teaspoon vanilla extract



### DIRECTIONS:

1. Whisk the whole wheat pastry flour, brown sugar, baking powder, and salt in a small bowl until the brown sugar is well mixed, throughout the other ingredients. If the brown sugar is clumpy, crumble it into grains between your fingers
2. Dump the oats and amaranth in a large blender and blend until the mixture has the consistency of a grainy but fine meal, a little finer than standard cornmeal, 2 or 3 minutes.
3. Plop the eggs, milk, oil and vanilla in the blender, whirl until well combined until you have a thick rich batter. About 2 minutes should do it.
4. Dump the flour mixture; pulse a few times, just until combines, scraping down the inside of the canister to make sure there are no pockets of dry flour anywhere.
5. Lightly grease a large nonstick griddle or skillet with some nut oil dabbed on a paper towel, then set it over medium heat—or melt a bit of butter in the pan over medium heat. Pour about 1/4 cup of the batter into the griddle or skillet; make 2 or 3 more similar pancakes without crowding. Cook until permanent bubbles form across the surface of the raw batter and the bottom has browned, about 2 minutes. Flip the cakes with a flat spatula, then cook another 2 minutes or so until browned and set. Transfer these pancakes to plates and continue making more, regreasing or rebuttering the skillet as needed to prevent sticking.