

BREAKFAST

Oatmeal Pancakes

Breakfast is such an important part of the day. Pancakes are one of our favorite breakfasts, and this recipe is the best pancake we've tasted. I know: the oatmeal part sounds strange, but it's great. Others have loved it so much, we've even made the mix for it and given it away as gifts for Christmas! I got the recipe from a book that was a literal answer to prayer after Julia was born. At the time, I felt constantly depleted of energy. I was also looking for ways to combat depression, as I had been promised I would be healed in a blessing but didn't know how that would happen. I attended a Stake Women's Conference where the dietician who wrote the book spoke to us. The cookbook marked the beginning of my learning how much food, exercise and sleep affects our mind/body/spirit. Wow! What a journey.*

the recipe

1 cup whole wheat flour
1 cup quick rolled oats
1 tablespoon brown sugar
1 teaspoon baking soda
1/2 teaspoon salt
2 eggs, slightly beaten
1 tablespoon (vegetable) oil
2 cups buttermilk

2 1/2 times the recipe (what we make)

2.5 cups flour
2.5 cups quick rolled oats
2.5 T. brown sugar
2.5 tsp. baking soda
1.25 tsp. teaspoon salt
5 eggs, slightly beaten
2.5 T. (vegetable) oil
5 cups buttermilk (or Lactaid**
soured with 1 T. lemon juice or
vinegar)



Combine dry ingredients. Add eggs, oil, and buttermilk; stir until mixed. We usually add at least a 1/2 cup of water. Bake on a hot griddle (350-400°). Flip when there are bubbles in the pancake. The 2.5 times version makes about 30 four-inch pancakes.

Breakfast with young children is often a source of humor. The children are so amiable, making funny random comments totally unrelated to anything. Here were snippets from this morning's breakfast conversation:

Anna: "Mom, will you do cheers with me? (We clinked our plastic cups of OJ together.) 'Cheers for the witches!'"

Peter: (After eating off parts of his pancake) "Look! It's a gun!" (Made shooting noises)

Anna: "Sleeping heals our bodies!"

* *Set for Life: Eat More, Weigh Less, Feel Terrific* by Jane P. Merrill and Karen M. Sunderland, p.106.

** Lactaid is the brand name for lactose-free milk.