

**This Recipe is not Diet Specific; You will need to make substitutions.**

### **Oatmeal Pancakes**

1 1/2 cups of rolled oats

1/4 tsp. salt

1/2 tsp. baking powder

1/4 cup liquid egg substitute

1/2 cup water

1/2 cup Mocha Mix Non Dairy Creamer

1 tbsp. corn oil margarine