Ingredients

* 3 cups milk
* 1 lemon, zested and juiced
* 1 dozen eggs – lightly beaten
* 4 TBS brown sugar
* 4 TBS baking powder
* 3 TSP salt
* 2 cups whole-wheat flour
* 2 cups all purpose flour
* 1 cup rolled oats
* 1 cup cornmeal
* 2 cups plain yogurt
* 4 TBS canola oil

Procedure

1. Create buttermilk substitute by mixing the milk with the lemon juice and setting aside for 5-10 minutes. It will be thickened and contain curdled bits, this is necessary for it to work properly.
2. Combine beaten eggs, sugar, lemon zest, baking powder and salt in a large bowl and stir well.
3. In a separate bowl, mix together whole-wheat flour, white flour, rolled oats and cornmeal.
4. Add yogurt, buttermilk substitute (milk and lemon juice) and oil to the egg mixture and stir.
5. Fold in the flour mixture just until blended. Don't over mix!
6. Using a 1/4-cup measure, drop batter onto a hot, nonstick skillet that is lightly greased with oil.
7. Cook over medium heat until bubbles form on tops of pancakes. Flip pancakes over and continue cooking one minute longer or until nicely browned.