

## Oatmeal Pecan Waffles or Pancakes

(Makes 4 servings. Serving size= 3 small (2-inch) or 1 large (6-inch) waffle or pancake)

### **Ingredients:**

#### *Waffle / Pancake Mix*

- 1 cup whole wheat flour
- ½ cup quick-cooking oats
- 2 teaspoon baking powder
- 1 teaspoon sugar
- ¼ cup unsalted pecans, chopped
- 2 large eggs, separated (for pancakes, see note)
- 1 ½ cup fat-free milk
- 1 tablespoon vegetable oil

#### *Fruit Topping*

- 2 cups fresh strawberries, rinsed, stems removed, and cut in half
- 1 cup fresh blackberries, rinsed
- 1 cup fresh blueberries
- 1 teaspoon powdered sugar

### **Directions:**

- 1) Preheat waffle iron.
- 2) Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
- 3) Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
- 4) Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.
- 5) Whip egg whites to medium peaks. Gently fold egg whites into batter (for pancakes, see note below).
- 6) Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron.
- 7) Add fresh fruit and light dusting of powdered sugar to each waffle, and serve.

*Tip:* For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.

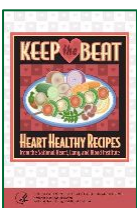


### **Nutritional Analysis:**

*Each serving provides:*

- Calories: 340
- Total Fat: 11 g
- Saturated Fat: 2 g
- Protein: 1 g
- Carbohydrates: 50 g
- Sodium: 331 mg
- Added Sugars: 1.5 grams
- Dietary fiber: 2 g
- Cholesterol: 107 mg

### **Source:**



**Keep the Beat - Heart Healthy Recipes**  
from the National Heart, Lung, and Blood Institute  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Go! Foods® for You Program



*This recipe has been slightly modified to meet Go! Foods® criteria.*