Michele Sodon

OATMEAL PECAN WAFFLES (OR PANCAKES)

YOUR CHILDREN WILL JUMP RIGHT OUT OF BED FOR THIS DELICIOUS MEAL

NUTRITION PER SERVING:

CALORIES	340
PROTEIN	14 G
CARBOHYDRATE	50 G
TOTAL FAT	11 G

PREP TIME:	10 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	3 SMALL (2-INCH) OR 1 LARGE (6-INCH) WAFFLE (DEPENDING ON WAFFLE IRON SIZE) OR PANCAKES

FOR WAFFLES:

1 C	WHOLE-WHEAT FLOUR
½ C	QUICK-COOKING OATS
2 TSP	BAKING POWDER
1 TSP	SUGAR
¼ C	UNSALTED PECANS, CHOPPED
	2 LARGE EGGS, SEPARATED (FOR PANCAKES, SEE NOTE)
1½ C	FAT-FREE (SKIM) MILK
1 TBSP	VEGETABLE OIL

FOR FRUIT TOPPING:

2 C	FRESH STRAWBERRIES, RINSED, STEMS REMOVED, AND CUT IN HALF (OR SUBSTITUTE FROZEN STRAWBERRIES, THAWED)
1 C	FRESH BLACKBERRIES, RINSED (OR SUBSTITUTE FROZEN BLACKBERRIES, THAWED)
1 C	FRESH BLUEBERRIES, RINSED (OR SUBSTITUTE FROZEN BLUEBERRIES, THAWED)
1 TSP	POWDERED SUGAR

01 Preheat waffle iron.

02 Combine flour, oats, baking powder, sugar, and pecans in a large bowl.

03 Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.

04 Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.

05 Whip egg whites to medium peaks. Gently fold egg whites into batter (for pancakes, see note below).

06 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. (A waffle is perfect when it is crisp and well browned on the outside with a moist, light, airy and fluffy inside.) (Batter also can be used to make pancakes; see note below.)

07 Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

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

✔ Children can mix the batter and top each waffle/pancake with fruit.

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