



RECIPE OF THE Month

Oatmeal Pecan Pancakes

Celebrate Better Breakfast Month in September – and have a better day starting with these super healthy pancakes that use whole oats and whole-grain flour.

½ cup whole oats (not instant)	½ tsp salt
2 ½ cups low-fat milk	¼ tsp each nutmeg and cinnamon
1 cup whole-wheat flour	3 medium eggs
¾ cup unbleached, all-purpose flour	1 tsp vanilla extract
1 tbsp sugar	3 tbsp pecans, chopped
1 tbsp baking powder	Canola oil spray

- 1 In a medium bowl, combine oats and milk; set aside.
- 2 In a large bowl, combine flours, sugar, baking powder, salt and spices; blend well.
- 3 Stir eggs and vanilla together, then add to oat mixture.
- 4 Combine oat and dry mixtures; add pecans and stir until all ingredients are moist (don't over-mix).
- 5 Lightly coat large skillet with oil spray and heat to medium high.
- 6 Using a ¼-cup measure for each pancake, scoop batter onto medium-hot skillet. Turn each pancake when bubbles appear on the surface and bottom is golden.

MAKES 16 PANCAKES. Per pancake:

100 calories | 4.7g protein | 2.3g fat | .7g sat fat | 37mg cholesterol | 14.3g carbs | 2.2g sugar | 1.2g fiber | 157mg sodium