



IN *The Villages*[®]
America's Healthiest Hometown

Oatmeal Pecan Waffles (or Pancakes)

Prep Time: 10 minutes

Cook Time: 30 minutes

Yields: 4 servings

Serving Size: 3 small(2-inch) or 1 large(6-inch)waffle (depending on waffle iron size) or pancakes

Ingredients:

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)*

1 ½ 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

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 over mix; mixture should be a bit lumpy.

5. Whip egg white 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. (A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside.) (Or make pancakes.)
7. Add fresh fruit and a 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 Information:

Calories: 340

Total fat: 11 g

Saturated fat: 2 g

Cholesterol: 107 mg

Sodium: 331 mg

Total fiber: 9 g

Protein: 14 g

Carbohydrates: 50 g

Potassium: 369 mg

Vitamin A: 8%

Vitamin C: 60%

Calcium: 30%

Iron: 6%

Source: Deliciously Healthy Dinners from The National Heart, Lung, and Blood Institute