

# Oatmeal Pecan Waffles (or Pancakes)

Taken from the National Heart, Lung and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&clId=9&rlId=152>

## Ingredients

*For waffles:*

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

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

*For fruit topping:*

2 cups fresh strawberries, rinsed, stems removed, and cut in half (or substitute frozen strawberries, thawed)  
1 cup fresh blackberries, rinsed (or substitute frozen blackberries, thawed)  
1 cup fresh blueberries, rinsed (or substitute frozen blueberries, thawed)  
1 teaspoon powdered sugar

## Instructions

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 above).
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.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle and serve.

Makes 4 servings.

**Nutrition information per serving**

Calories: 340	Sodium: 331 mg
Total Fat: 11 g	Protein: 14 g
Saturated Fat: 2 g	Total Carbohydrates: 50 g
Trans Fat: --	Dietary Fiber: 9 g
Cholesterol: 107 mg	Total Sugars: --