

# Oatmeal Nut Pancakes

## Ingredients

1 1/2 c. whole-wheat flour  
2 t. baking powder  
1/2 t. salt  
2 c. non-fat (skim) milk  
2 eggs  
2 T. canola oil  
2 T. honey  
1 c. oats, uncooked  
1 c. pecans, finely chopped (optional)

Combine flour, baking powder, and salt in medium mixing bowl and mix well. Add in milk, eggs, oil and honey and mix until smooth. Stir in oats and pecans. Pour 1/4 cup batter on heated non-stick griddle. Cook until browned on bottom and bubbles form on top of pancake. Flip and cook another minute or so.

Serve with fresh fruit, jam, or a little bit of maple syrup.

**Yield:** 10 servings  
**Serving Size:** 2  
pancakes

## Nutrition Information:

Calories: 237  
Fat: 13 g.  
Carbohydrates: 26 g.  
Protein: 12 g.  
Fiber: 4 g.

**Cost per Recipe:** \$4.37  
**Cost per Serving:** \$.44