

oatmeal pecan waffles



National Heart, Lung,
and Blood Institute

<http://wecan.nhlbi.nih.gov>

Ingredients

For waffles:

- 1 cup whole-wheat flour
- 1/2 cup quick-cooking oats
- 2 teaspoons baking powder
- 1 teaspoon sugar
- 1/4 cup unsalted pecans, chopped
- 2 large eggs, separated
- 1 1/2 cup fat-free (skim) milk
- 1 tablespoon vegetable oil

For fruit topping:

- 2 cups fresh strawberries, halved
- 1 cup fresh blackberries
- 1 cup fresh blueberries
- 1 teaspoon powdered sugar

All berries may be substituted with frozen, thawed

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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.
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.

Yield 4 servings, **Serving Size** 3 small (2-inch) or 1 large (6-inch) waffle (depending on waffle iron size), **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