

# CRAN APPLE PECAN PANCAKES

*Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 10 (Serving = 1 pancake)

## Nutrition (per serving)

Calories: 185

Total Carbohydrate: 28 g

Total Fat: 6 g

Dietary Fiber: 3 g

Saturated Fat: 0.5 g

Protein: 6 g

Sodium: 375 mg



## Ingredients

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1 ½ teaspoons Splenda® brown sugar blend
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 ½ teaspoons cinnamon
- 2 egg whites
- 1 egg
- 2 cups skim milk
- 2 Tablespoons canola oil
- ¼ teaspoon vanilla extract
- ¾ cup apple, chopped finely
- ¼ cup pecans, chopped
- ¼ cup dried cranberries, rehydrated (cover in hot water until time to use)
- Cooking Spray



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## Directions

1. In a large bowl combine flour, brown sugar, baking powder, salt and cinnamon.
2. In a medium bowl combine egg whites and egg (lightly beaten together), skim milk, canola oil and vanilla extract.
3. Add wet ingredients to dry. Stir until just moistened. Drain, pat dry and finely chop cranberries. Fold in apple, pecans and cranberries.
4. Spray a small skillet with cooking spray and place on medium heat. Using a  $\frac{1}{4}$  cup measure, pour batter into hot skillet. Cook 2-3 minutes on both sides or until lightly browned.



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