

# CHOCOLATE CHIP VALENTINE PANCAKES

*Higher Fiber, Lower Sodium, Vegetarian*

*Serves: 4 (Serving= 1 pancake)*

## Nutrition (per serving)

Calories: 295

Total Fat: 11 g

Saturated Fat: 4 g

Sodium: 205 mg

Total Carbohydrate: 44 g

Dietary Fiber: 4 g

Protein: 10 g

## Ingredients

- ½ cup white whole wheat flour
- ½ cup all-purpose flour
- 2 Tablespoons Splenda® sugar blend
- 1 teaspoon baking powder
- ¼ cup egg substitute
- 1 cup fat free milk
- 1 teaspoon vanilla extract
- ¼ cup pecans, finely chopped
- ¼ cup dark chocolate chips



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## Directions

1. Mix all dry ingredients in a bowl. Add wet ingredients and mix until there are no dry spots; don't over mix. Add pecans and dark chocolate chips.
2. Heat a large skillet on medium-high heat. Pour ½ cup of pancake batter onto pan (heart-shaped if desired). When the pancake starts to bubble (1-2 minutes) and edges look cooked through, flip and cook for 1 more minute.
3. Top pancakes with fresh strawberries. Serve with lite or sugar free syrup or whipped topping.