

Oatmeal Pecan Pancakes

[Recipe](#)



Nutrition Facts

6 Servings

Serving Size 1 pancake

Amount per serving

Calories 130

Total Fat 7g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 60mg

Sodium 120mg

Total Carbohydrate 13g

Dietary Fiber 2g

Total Sugars 3g

Protein 5g

Potassium 150mg

Phosphorus 230mg

Preparation Time:

10 minutes

Cooking Time:

15 minutes

Servings:

6 servings

Serving Size:

1 pancake

Ingredients:

- 1 cup: quick cooking oats
- 1 ½ tsp: baking powder
- 2: eggs
- 1/3 cup: skim milk
- 1/3 cup: mashed banana (about ½ of a medium banana)
- ½ tsp: vanilla extract
- 2 tbsp: chopped pecans
- 1 tbsp: canola oil

Directions:

1. Using a food processor, process the oats to a flour-like consistency. Mix oats and baking powder in a small bowl and set aside.
2. In a separate bowl, mix eggs, milk, mashed banana, and vanilla.
3. Add the wet ingredients to the dry ingredients, and mix until just combined. Then fold in pecans.
4. Heat oil in nonstick skillet over medium heat. Drop 1/4 cup of batter onto the hot skillet to make each pancake. Cook until lightly brown on both sides.