

Oat Bran Pancakes

1 cup oat bran hot cereal, uncooked
1/2 cup all purpose flour
1/4 cup Splenda® Granular or artificial sweetener
2 teaspoons baking powder
1/8 teaspoon salt
1 1/4 cup fat-free milk
1/4 cup egg substitute

1. Over medium to medium-high heat, heat nonstick griddle or frying pan.
2. In a large bowl, combine oat bran, flour, sweetener, baking powder and salt. Set aside.
3. With a wire whisk, beat together milk and egg substitute. Pour the egg mixture over dry ingredients. Stir together until ingredients are just blended and no large dry lumps appear.
4. Using scant 1/4 cup, pour pancake batter onto hot griddle. Cook pancakes until puffed and dry around the edges. Flip and cook other side until golden brown.

Makes 4 servings.

Nutrition information per serving:

Serving Size 4.3 oz (122g),
Calories 220
Carbohydrates 35 g
Protein 13 g
Dietary Fiber 6 g
Total Fat 3 g, Saturated Fat 0 g