OATMEAL PANCAKES

1 C. oatmeal
3/4 C. sugarless applesauce
3/4 C. liquid egg whites
Cinnamon or pumpkin spice to taste
Chopped pecans, optional

Blend all ingredients until smooth. Form into pancakes and cook on griddle. These keep well in the refrigerator and are good cold as a snack.

Notes: Pumpkin spice may be used in place of cinnamon. Chopped pecans are also optional.

NUTRITION FACTS: Serving size: 1 pancake per serving, 4 servings