Cranberry, Coconut and Pecan Pancakes

Ingredients:

1. 2C flour
2. 2t baking powder
3. 1t baking soda
4. ½ t salt
5. 2T sugar
6. 2T Splenda
7. 1 large egg
8. ¼ C egg white
9. 2C low fat buttermilk
10. 1t vanilla
11. 2T canola oil
12. ¼ C syrup, preferably reduced calorie
13. ½ C dried cranberries (plus some for toppings)
14. 1/3 C shredded flaked coconut (plus some for toppings)
15. 1/3 C toasted pecan pieces (plus some for toppings)
16. Additional syrup for topping

Procedure:

1. Put pecans on baking pan and toast in oven at 350° F for about 10-15 minutes, tossing twice to ensure even toasting.
2. Mix together first six ingredients in large mixing bowl.
3. Add next six ingredients (7-12) to bowl. Whisk until combined, using a spatula to scrape the sides of the bowl.
4. Add in cranberries, coconut, and pecans.
5. Place ¼ C on the frying pan. When bubbles form and are “popped,” flip over with spatula and cook another minute until golden brown.
7. Repeat making pancakes until batter is gone.