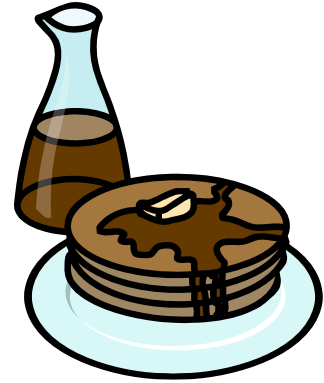


Fruit and Oat Pancakes

- Serves 4 2 Pancakes per Serving

Ingredients:

- 1/2 cup rolled oats
- 1 cup flour
- 1 8-oz can fruit cocktail, undrained
- 1/2 cup liquid non-dairy creamer
- 1/2 teaspoon baking powder
- 1 egg or 1/4 liquid egg substitute
- 1 tablespoon margarine



Directions:

Combine all ingredients except margarine in a bowl. Melt margarine in a large skillet. Drop batter into the skillet (about 1/4 cup per pancake) and cook over medium heat until pancakes are bubbly and dry around the edges. Flip with a spatula and fry until pancakes are golden brown on the bottom.

Analysis		Renal and Renal Diabetic Exchanges
Calories 262	Sodium 152 mg	1 Medium Potassium
Carbohydrates 41 g	Potassium 198 mg	2 Starch
Protein 7 g	Phosphorus 186 mg	Fruit
Fat 8 g		1 Fat