

## Apple Bran Pancakes

6 eggs  
1 cup milk  
3 Tbsp vegetable oil  
1 cup shredded wheat bran cereal  
1 cup whole wheat flour  
2 tsp baking powder  
½ tsp cinnamon  
¼ tsp salt  
2 cups finely chopped, peeled apples  
¼ cup chopped pecans

Beat eggs, milk, and oil in large bowl until blended. Stir in cereal and let stand until moistened, about 2 minutes.

Mix flour, baking powder, cinnamon, and salt in small bowl. Add to egg mixture and stir just until dry ingredients are moistened. Fold in apples and pecans.

Heat lightly greased large nonstick skillet or griddle over medium heat until hot. Reduce heat to medium-low. Pour ¼ cup portions of batter onto skillet and cook until golden brown, turning once.