

## Cinnamon Cluster Pancakes

- 3 cups POST HONEY BUNCHES OF OATS with Cinnamon Clusters Cereal, lightly crushed
- 1 cup flour
- 2 tsp. CALUMET Baking Powder
- 2 eggs
- 1 cup milk
- 1 container (6 oz.) vanilla low-fat yogurt

1. Mix cereal, flour and baking powder in medium bowl; set aside. Beat eggs and milk with wire whisk until well blended. Add to cereal mixture; mix well.
2. Preheat large nonstick griddle or skillet sprayed with cooking spray on medium heat. Ladle batter onto griddle, using 1/4 cup batter for each pancake. Cook until bubbles form on tops, then turn over to brown other sides.
3. Serve topped with the yogurt.

**Per Serving:** Calories 250; Total Fat 4 g; Saturated Fat 1.5 g; Cholesterol 75 mg; Sodium 320 mg; Carbohydrate 44 g; Dietary Fiber 3 g; Sugars 13 g; Protein 9 g  
**Percent Daily Value\*:** Vitamin A 15%; Vitamin C 6%; Calcium 20%; Iron 40%  
**Exchanges:** 3 Starch; 1/2 Fat

\*Percent Daily Values are based on a 2,000-calorie diet.

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