

Apple Slice Pancakes

A clever way to add fruit to the meal!

12 4-inch pancakes

Ingredients:

- 1 Granny Smith apple
- 1 1/4 cups pancake mix (any type)
- 1/2 teaspoon ground cinnamon
- 1 egg
- 2 teaspoons vegetable oil
- 1 cup low fat milk

Directions:

1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apple into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)
4. For each pancake, place apple ring on griddle and pour about 1/4 cup batter over apple ring, starting in the center and covering apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

Nutrition Facts: Two pancakes provide 150 calories, 3.5g total fat, 35mg cholesterol, 360mg sodium, 25g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Apple Slice Pancakes
Syrup
Ham Slice
Low Fat Milk

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