

Apple Slice Pancakes

A clever way to add fruit to the meal!



Level: Medium

Makes: Twelve 4-inch pancakes

Kids' Tool Kit

Apple peeler/
corer



Sharp knife
Cutting board
Measuring spoons
Measuring cup
Mixing bowl
Spoon
Griddle

Chef's Choice

Apple Slice
Pancakes
Syrup
Ham slice
Low fat milk

Ingredients:

- 1 Granny Smith apple
- 1 ¼ cups pancake mix (any type)
- ½ teaspoon ground cinnamon
- 1 egg
- 2 teaspoons vegetable oil
- 1 cup low fat milk



Directions:

Remember to wash your hands!

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 ¼ 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.



Helpful Hints: To test the griddle to see if it is hot, sprinkle it with a few drops of water. When the drops sizzle and dance, you are ready to cook! The easiest way to pour the batter onto the hot griddle is to use a ¼ cup measuring cup for each pancake. If the first pancake is too brown, lower the heat.



Safety Tip: Turn the handle of the griddle inward and away from the edge of the stove. A child could grab the handle and pull the hot griddle off the stove.

Nutrition Facts

Serving Size 2 pancakes (99g)
Servings Per Container 6

Amount Per Serving

Calories 150 Calories from Fat 35

% Daily Value*

Total Fat 3.5g 6%

Saturated Fat 0.5g 3%

Cholesterol 35mg 12%

Sodium 360mg 15%

Total Carbohydrate 25g 8%

Dietary Fiber 1g 5%

Sugars 9g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000

calorie diet. Your daily values may be higher or

lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.