

Apple Slice Pancakes

Serving Size: 2 pancakes

Yield: 6 servings

Ingredients:

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

Instructions:

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 the apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

Cost:

Per Serving: \$.24

Nutrition Facts	
Serving Size 2 pancakes or 1/6 of recipe (101g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 360mg	15%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 5g	
Vitamin A 2%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	