

Apple Slice 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	milk, low-fat

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 recipe: \$1.95

Per serving: \$0.32

Source

Kansas Family Nutrition Program, [Kids a Cookin'](#)

Notes

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 1/4 cup measuring cup for each pancake. If the first pancake is too brown, lower the heat.

Nutrition Facts	
Serving Size 2 pancakes, 1/6 of recipe (108g)	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 320mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• 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	