



## Apple Slice Pancakes

**Source:** *Kansas Family Nutrition Program, Kids a Cookin'* | **Yield:** 6 servings; 174 Calories per serving.  
Total fat 4g; Protein 6g; Total carbohydrate 29g; Dietary fiber 2g, Sodium 382g.

### INGREDIENTS:

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

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!

### 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 ¼ 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.