

Apple Cinnamon Pancakes



Photo credit: Pancakes by Stacy Spensley from flickr.com

Ingredients:

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup quick oats
- 1 Tablespoon baking powder
- ¼ teaspoon salt
- 1 large egg
- ¾ cup apple juice
- ½ cup nonfat milk
- 3 Apples- Shredded
- 2 Tablespoons canola oil
- Cinnamon
- Cooking spray

Directions:

Remember to wash hands and prepare food safely.

1. Wash apples. Shred them with peel on. Discard seeds.
2. In a large bowl, combine flours, oats, baking powder, and salt. Mix well.
3. In another bowl, crack egg. Beat lightly with a fork.
4. Add apple juice, milk, shredded apples and canola oil to egg. Mix well.
5. Coat large skillet with nonstick cooking spray. Heat over medium-high heat.
6. Add wet ingredients to dry ingredients. Stir just until dry ingredients are moistened. Do not overmix.
7. Pour ¼ cup batter into hot pan for each pancake. Adjust heat as needed to avoid burning.
8. Flip pancakes when bubbles appear on top of the batter and the edges are slightly browned, about 3-4 minutes. Cook until second side is slightly browned, about 2-3 minutes more.

Number of Servings: 6

Serving size: 2 (4 inch) pancakes

Start to Finish: 20 minutes

Cost per serving: \$0.45

Cost per recipe: \$2.67

Cost is an average for the state of Michigan

Nutrition Facts

| Amount Per Serving | |
|------------------------|-----|
| Calories 275 | |
| % Daily Value | |
| Total Fat 8g | 13% |
| Saturated Fat 1g | 3% |
| Trans Fat 0g | |
| Cholesterol 31mg | 10% |
| Sodium 346mg | 15% |
| Total Carbohydrate 39g | 13% |
| Dietary Fiber 4g | 17% |
| Sugars 4g | |
| Added sugar 0g | 0% |
| Protein 8g | |
| Vitamin D | 15% |
| Calcium | 16% |
| Iron | 4% |
| Potassium | 9% |

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