

Recipe



County information

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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program

Prep Time: 15 minutes

Cook Time: 15 minutes

Serving Size: 6 servings

Nutrients Per Serving: Calories 160,
Protein 3 g, Carbohydrate 24 g,
Dietary Fiber 1 g, Total Fat 4 g,
Saturated Fat 2 g, Sodium 410 mg



Apple Pancakes

INGREDIENTS

- 1 apple
- 1 1/4 cup pancake mix (use the type that only requires adding water)
- 1/2 teaspoon cinnamon
- 1 egg
- 2 teaspoons oil
- 1 cup low fat milk

DIRECTIONS

1. Peel, core and slice apple into rings.
2. Lightly coat a skillet or griddle with cooking spray and heat over medium heat.
3. In a large mixing bowl, combine remaining ingredients. Stir until ingredients are evenly moist.
4. For each pancake, place an apple slice on griddle and pour about 1/4 cup batter over apple ring, starting in center and covering the apple.
5. Cook until bubbles appear.
6. Turn and cook the other side until lightly brown.

Source:

www.ag.ndsu.edu (North Dakota Extension)

For other healthy, low-cost recipes, visit
www.whatscooking.fns.usda.gov



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