

## [Apple slice pancakes](#)



Recipe credit

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

## About this recipe

Serves

6

Serving size

2 pancakes, 1/6 of recipe

Special criteria

[Vegetarian recipes](#)

## Ingredients

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

## 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 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.

## Tips and variations

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.

## Nutritional info

Calories

174

Total fat

4 g

Saturated fat

1 g

Cholesterol

34 mg  
Sodium  
382 mg  
Dietary fiber  
2 g  
Protein  
6 g  
Total sugar  
10 g  
Allergens  
Eggs

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