



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Apple Slice Pancakes

Makes: 6 servings

Jazz up regular pancakes with apple and cinnamon.

Ingredients

- 1 apple (Granny Smith)
- 1 ¼ cups pancake mix (any type)
- ½ 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.

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.

Learn more about [apples](#) .

My Notes

Source: Kansas Family Nutrition Program, Kids a Cookin'

Nutrition Information

Nutrients	Amount	MyPlate Food Groups
Calories	174	 Fruits 1/4 cup
Total Fat	4 g	 Grains 1 1/2 ounces
Saturated Fat	1 g	 Dairy 1/4 cup
Cholesterol	34 mg	For more information on MyPlate Food Groups visit ChooseMyPlate.gov 
Sodium	382 mg	
Total Carbohydrate	29 g	
Dietary Fiber	2 g	
Total Sugars	10 g	
Added Sugars included	3 g	
Protein	6 g	
Vitamin D	N/A	
Calcium	171 mg	
Iron	1 mg	
Potassium	160 mg	
N/A - data is not available		

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