

# COUNT YOUR STEPS

## Apple Slice Pancakes (makes 6 servings)

- 1 Granny Smith apple
- 1 1/4 cup any type pancake mix
- 1/2 tsp cinnamon
- 1 egg
- 2 tsp canola oil
- 1 cup low-fat milk



Lightly coat a griddle or skillet with cooking spray and heat over medium heat. Peel, core and thinly slice apple into rings. 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.) For each pancake, place apple ring on griddle and pour about 1/4 cup batter over the apple ring, starting in the center and covering the apple. Cook until bubbles appear. Turn and cook other side until lightly brown.

Helpful Hints: 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. Use a 1/4 cup measuring cup to pour batter for each pancake. If the first pancake is too brown, lower the heat.

**Serving size: 2 pancakes; Calories 160 (Calories from Fat 35); Total Fat 4g (Sat fat 1g); Cholesterol 45mg; Sodium 360mg; Total Carbohydrate 24g; Dietary Fiber 1g; Sugars 4g; Protein 5g.**  
(Source: USDA.gov)

