



Apple Pancakes

Servings: 4

Ingredients:

- 1 1/3 cup complete pancake & waffle mix*
- 1 teaspoon cinnamon
- 1 teaspoon table or maple syrup
- 1 Tablespoon packed brown sugar
- 1/2 cup applesauce
- 1 cup water
- 1-2 Tablespoons cooking (vegetable, olive or canola oil)
- Applesauce, syrup, or fresh berries for topping

Directions:

1. Combine pancake mix, cinnamon, maple or table syrup, brown sugar, applesauce, and water. Stir just until large lumps disappear. Over-stirring will cause tough pancakes.
2. Pour slightly less than 1/4 cup batter for each pancake onto a preheated, lightly greased pan over medium heat.
3. When pancakes bubble around edges and towards center, flip it.
4. Pancake is done when bottoms are golden brown.
5. Serve with applesauce, syrup, or berries.

Nutrition Facts

Serving Size 2 4-inch pancakes (88g)
 Servings Per Container

Amount Per Serving

Calories 240 **Calories from Fat 70**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 400mg **17%**

Total Carbohydrate 40g **13%**

Dietary Fiber 3g **12%**

Sugars 14g

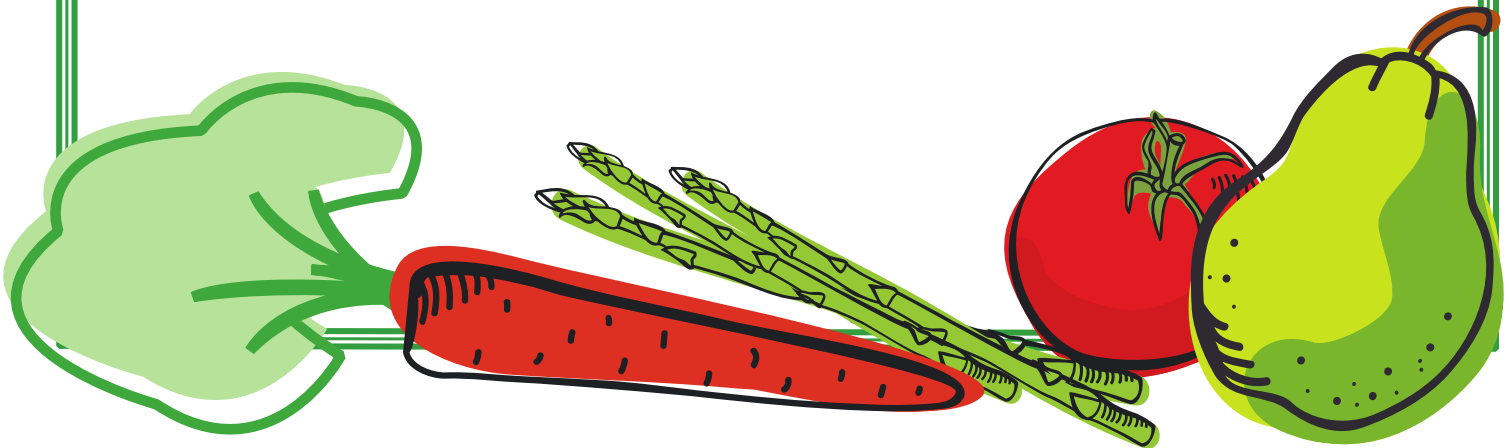
Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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