

# Apple Slice Pancakes

A clever way to add fruit to the meal!



Level: Medium

Makes: Twelve 4-inch pancakes

## Kids' Tool Kit

Apple peeler/  
corer



Sharp knife  
Cutting board  
Measuring spoons  
Measuring cup  
Mixing bowl  
Spoon  
Griddle

## Chef's Choice

Apple Slice  
Pancakes  
Syrup  
Ham slice  
Low fat milk

## Nutrition Facts

Serving Size 2 pancakes (99g)  
Servings Per Container 6

Amount Per Serving

Calories 150    Calories from Fat 35

% Daily Value\*

Total Fat 3.5g    6%

Saturated Fat 0.5g    3%

Cholesterol 35mg    12%

Sodium 360mg    15%

Total Carbohydrate 25g    8%

Dietary Fiber 1g    5%

Sugars 9g

Protein 5g

Vitamin A 4%    •    Vitamin C 2%

Calcium 10%    •    Iron 6%

\*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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Ingredients:

- 1 Granny Smith apple
- 1 ¼ cups pancake mix (any type)
- ½ teaspoon ground cinnamon
- 1 egg
- 2 teaspoons vegetable oil
- 1 cup low fat milk



## Directions:

**Remember to wash your hands!**

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 ¼ cup batter over apple ring, starting in the center and covering apple.
5. 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! The easiest way to pour the batter onto the hot griddle is to use a ¼ cup measuring cup for each pancake. If the first pancake is too brown, lower the heat.



**Safety Tip:** Turn the handle of the griddle inward and away from the edge of the stove. A child could grab the handle and pull the hot griddle off the stove.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).