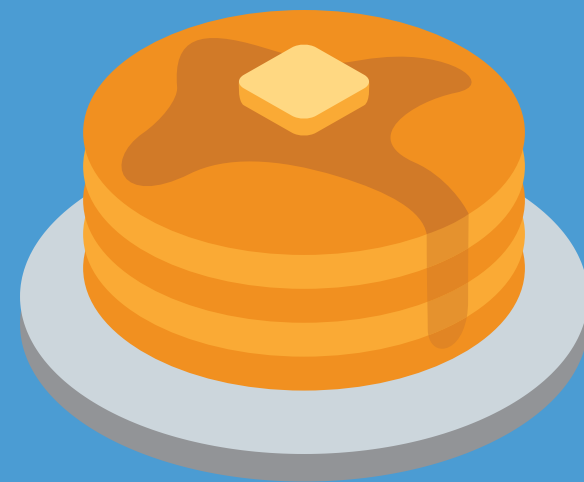


Let's Add More Fruit to Our Mornings!



MyPlate recommends that adults eat roughly 2 cups of fruit daily. Pancakes are a delicious way to include them at breakfast!



Have you tried adding apples in your pancakes? Swipe for an easy recipe!

APPLE SLICE PANCAKES

MAKES 12 PANCAKES (6 SERVINGS)

INGREDIENTS:

- 1 Granny Smith apple
- 1/2 teaspoon cinnamon
- 2 cups pancake mix (or the amount specified on the package)
- Ingredients required by the pancake mix (milk, eggs, oil, etc.)
- Cooking spray/oil/butter for pan

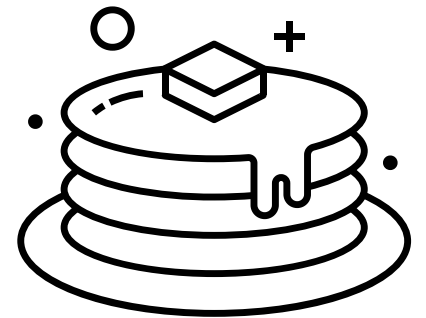
EQUIPMENT:

- Cutting Board & Knife
- Peeler
- Medium Skillet & Stovetop
- Measuring Cups/Spoons
- Large Mixing Bowl
- Mixing Spoon
- Spatula



APPLE SLICE PANCAKES

STEPS:

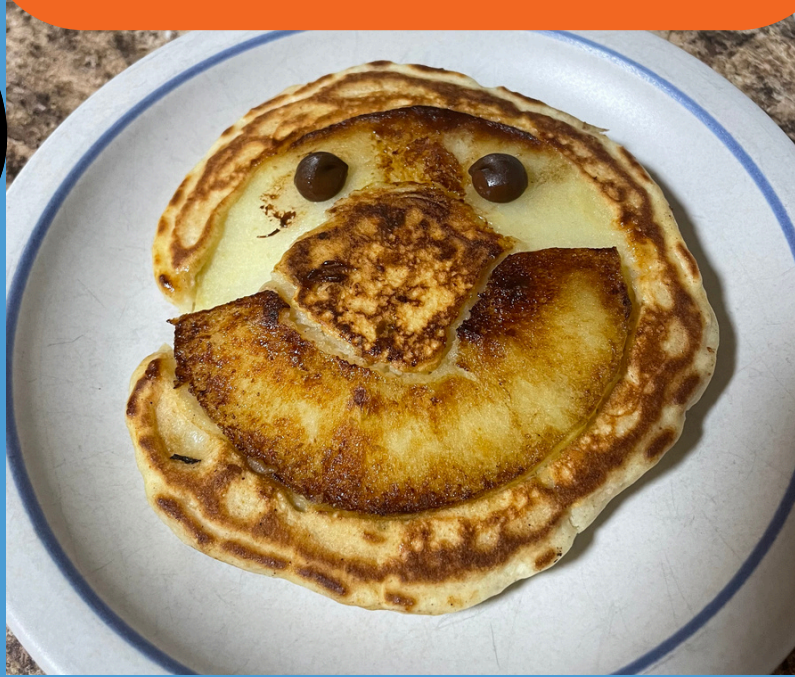


1. Wash hands with soap and water.
2. Peel, core and thinly slice apple into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist (Small lumps are ok! Over-mixing makes pancakes tough.)
4. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
5. 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.
6. Cook until bubbles appear. Turn and cook other side until lightly brown.

APPLE SLICE PANCAKES

FINISHED PRODUCT:

ADD 2 CHOCOLATE
CHIPS FOR EYES,
AND NOW I HAVE A
SMILEY FACE! :)



CHECK OUT OUR REELS FOR A
STEP-BY-STEP VIDEO OF THIS
RECIPE IN ACTION!