

Apple Pancake Rings

Makes 4 servings



Ingredients

- 1 cup Master Mix
- 1 egg
- ½ cup low-fat milk
- ½ teaspoon cinnamon
- 2 medium apples, peeled and cored

Directions

1. Beat together Master Mix, egg, milk and cinnamon until smooth.
2. Coat a pan or electric skillet with non-stick spray. Warm to medium heat.
3. Slice apples and dip in batter. Place on skillet and cook until golden brown, turning once.
4. Top with fresh fruit or low-fat yogurt for breakfast.

Variations:

Pear Pancake Rings - Try using pear slices.



Nutrition Facts

Serving Size 1/2 apple (171.04g)
Servings Per Container 4

Amount Per Serving

Calories 240 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 50mg **16%**

Sodium 340mg **14%**

Total Carbohydrate 36g **12%**

Dietary Fiber 4g **16%**

Sugars 14g

Protein 7g **14%**

Vitamin A 4% • Vitamin C 8%

Calcium 20% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.