



# Walk Kansas for Kids!

**K-STATE**  
Research and Extension

## A Clever Way to add Fruit!

### Apple Slice Pancakes

**Makes:** 12

4-inch pancakes

**Ingredients:**

1 Granny Smith  
apple

1¼ cups pancake  
mix

½ teaspoon ground cinnamon

1 egg

2 teaspoons vegetable oil

1 cup low-fat milk

**Directions:**

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 1/4 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.

**Nutrition Facts:**

One serving provides 80 Calories, 20  
Calories from fat, 2 g Total Fat, 0 g  
Saturated Fat, 0 g Trans Fat, 55 mg Sodium,  
12 g Total Carbohydrates, 2 g Dietary Fiber,  
3 g Sugar, 3 g Protein, 8% Calcium, 4% Iron

Recipe from *Kids-a-Cookin'*

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<http://www.choosemyplate.gov/>, <http://www.kidsacookin.ksu.edu/>, and National Cancer Institute food photo gallery

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