

*Make meals and memories together—a lesson for life.*

## Apple Slice Pancakes

1 Granny Smith apple  
1¼ cups any type pancake mix  
½ teaspoon cinnamon  
2 teaspoons canola oil  
1 cup low-fat milk



1. Lightly coat griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apple into rings.
3. In large mixing bowl, combine ingredients for pancake batter. Stir just until moistened; do not over-stir, or pancakes will be tough.
4. For each pancake, place an apple ring on griddle and pour about ¼ cup batter over apple ring, starting in center and covering apple.
5. Cook until bubbles appear; turn and cook other side until lightly brown.