

# Applesauce Pancakes

Serves 6, 6-inch pancakes

- 1 cup applesauce, unsweetened
- ¼ cup instant non-fat dry milk powder
- 1 cup water
- 2 eggs
- 1 tablespoon canola oil
- 2 cups all purpose flour
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- 2 tablespoons baking powder

1. In a medium bowl, combine applesauce, instant non-fat dry milk powder, water, eggs and oil.

2. Add flour, sugar, cinnamon and baking powder. Stir until mixture has only small lumps.

3. Place large skillet on medium-high heat. Spray skillet with nonstick spray. Pour ½ cup batter onto skillet. Turn pancake over when bubbles form on top of the pancake. Cook the other side for about 1 minute or until golden brown.

Nutrition information per pancake: calories 240, total fat 5g, saturated fat 1g, sodium 400mg, carbohydrate 42g, dietary fiber 2g, protein 7g

## Healthy Tip

Warm a cup of applesauce and pour over your pancake instead of using maple syrup. Doing so will add some more wonderful apple flavor while saving about 50 calories.

