



INGREDIENTS

- 1½ Cups All-Purpose Flour (enriched or whole grain rich)
- 2 Teaspoons Baking Powder
- 3 Tablespoons White Sugar
- 1 Teaspoon Ground Cinnamon
- 1 Teaspoon Vanilla Extract
- ¾ Cup + 1 Tablespoon Whole Milk
- 1 Large Egg
- 2 Cups Apples (coarsely grated)
- Oil for Cooking

DIRECTIONS

1. In a large mixing bowl, combine flour, cinnamon and baking powder.
2. In a separate bowl, whisk the eggs and sugar, until the sugar dissolves. Add the milk and mix to combine.
3. Make a well in the middle of the dry ingredients and pour in the wet ingredients. Gently mix the pancake batter until combined.
4. Carefully stir in the grated apples.
5. Heat oil in a large non-stick frying pan.
6. Add ¼ cup of pancake batter into the pan and fry for around 2-3 minutes. When you start seeing bubbles coming up to the surface, flip the pancakes and continue cooking for another minute.
7. Repeat with the rest of the batter.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

10 Pancakes

PORTION SIZES

Toddler:	½ Pancake
Preschool:	½ Pancake
School Age:	1 Pancake
Adult:	2 Pancakes