

Apple Cinnamon Pancakes (Nutrition Supplement)

Are you having a hard time eating enough food? Using a nutrition supplement drink may help provide you with extra calories and protein to help you meet your nutrient needs.



Ingredients:

1 cup	All-purpose flour	250 mL
2 Tbsp	Granulated sugar	30 mL
½ cup	Quick cooking oatmeal	125 mL
½ cup	Wheat germ	125 mL
½ tsp	Salt	2 mL
2 tsp	Cinnamon	10 mL
1 tsp	Baking powder	5 mL
2 large	Eggs	2 large
¼ cup	Canola oil	60 mL
2 bottles	Vanilla nutrition supplement drink	470 mL
1 medium	Apple, peeled, grated	1 medium

Directions:

1. Preheat griddle or pan on stove to medium high heat.
2. In medium bowl, mix flour, sugar, oatmeal, wheat germ, salt, cinnamon and baking powder.
3. In a separate medium bowl, crack and beat eggs. Next add oil and nutrition supplement drink, mix.
4. Add grated apple to the bowl with eggs.
5. Add the egg mixture to the flour mixture and mix well.
6. Drop spoonfuls of batter onto lightly greased hot pan.
7. When you see bubbles and the edges begin to dry, turn pancake over to cook the other side.
8. Remove from pan and serve hot.
9. Leftovers can be frozen and reheated as needed.

Makes 12 servings (1 pancake/ 94 g)

Tip: Top with Greek yogurt or peanut butter to add extra calories and protein.

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Nutrition Facts	
For 1/12 of the recipe (1 pancake/ 94 g)	
Amount	% Daily Value
Calories 190	
Fat 7 g	11 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 40 mg	
Sodium 190 mg	8 %
Carbohydrate 25 g	8 %
Fibre 2 g	8 %
Sugars 8 g	
Protein 6 g	
Vitamin A	9 %
Vitamin C	8 %
Calcium	9 %
Iron	13 %

Nutrition information may vary depending on the type of nutrition supplement drink used.