

# Apple Cinnamon Pancakes

## Ingredients:

1 cup	All purpose flour	250 mL
1 Tbsp	Sugar	15 mL
1 ½ tsp	Baking powder	7 mL
1 tsp	Cinnamon	5 mL
½ tsp	Baking soda	2.5 mL
1 large	Egg, lightly beaten	1 large
1 cup	Milk, 1 % MF	250 mL
1 medium	Apple, grated	1 medium
1 Tbsp	Canola oil	15 mL
1 tsp	Non-hydrogenated margarine	5 mL

## Directions:

1. In a bowl, combine flour, sugar, baking powder, cinnamon and baking soda.
2. In a separate bowl, combine egg, milk, apple and oil; pour into flour mixture, stirring until just combined.
3. Heat a non-stick skillet over medium heat until hot; add margarine and allow to melt in lightly greased skillet.
4. Pour in batter, ¼ cup (60 mL) for each pancake; cook until bubbles form on surface and underside is golden brown. Flip and cook just until bottom is browned. Serve hot.

**Makes 9 servings (1 pancake / 56 g)**

Nutrition Facts Per One Serving (1 pancake / 56 g)		
Calories	100	kcal
Carbohydrates	16	g
Fibre	1	g
Protein	3	g
Fat	3	g
Sodium	150	mg
Potassium	81	mg
Phosphorus	60	mg