

# Applesauce Pancakes

December 2023 Recipe

Makes: 6 servings



## Ingredients

1 cup applesauce  
¼ cup nonfat instant (dry) milk powder  
1 cup water  
2 eggs  
1 Tbsp. canola oil  
2 cups all-purpose flour  
2 Tbsp. sugar  
½ tsp. cinnamon  
2 tsp. baking powder

## Nutritional information for 1 serving

Calories	249
Total fat	4 g
Saturated fat	1 g
Cholesterol	55 mg
Sodium	202 mg
Carbohydrate	46 g
Dietary fiber	2 g
Total sugars	12 g
Added sugars included	6 g
Protein	7 g

## Directions

- 1.** In a medium mixing bowl, combine the applesauce, dry milk powder, water, eggs and oil.
- 2.** Add the flour, sugar, cinnamon and baking powder.
- 3.** Stir until the mixture has only small lumps.
- 4.** Place a large skillet on medium-high heat.
- 5.** Spray the skillet with nonstick cooking spray.
- 6.** Pour ½ cup of batter onto the skillet.
- 7.** Turn each pancake when bubbles form on top of the batter.
- 8.** Cook the other side for about one minute or until golden brown.