

Apple Pancakes

These pancakes are very delicious; and I mean appley delicious. Any fruit can be used for these pancakes such as strawberry, banana, pear, or peaches. You can use canned fruit if you like. This recipe makes two pancakes and is best served hot. I bet you can't wait to cook these pancakes up and enjoy the goodness.



Ingredients

3 tablespoons all-purpose flour
4 tablespoons all-purpose whole wheat flour
1 egg
1 tablespoon honey
 $\frac{1}{2}$ teaspoon of ground cinnamon
 $\frac{1}{2}$ cup low-fat milk
1 large apple
1 teaspoon oil

Directions:

Mix both flours together in a large mixing bowl. In a smaller bowl mix the egg, honey, cinnamon, and milk. Make a hole in the flour mixture and then pour the egg mixture inside the flour mixture. Mix well to make a smooth batter. Peel the skin off the apple, remove the seeds and core, and cut the apple into small pieces. Add the apple pieces to the mixture and mix

well. Heat the oil in a frying pan. Pour some of the mixture in the frying pan to make a pancake. Cook pancake until the bottom is golden brown. Flip the pancake to cook the other side. Set the cooked pancake aside and repeat with the remaining mixture. Serve pancakes hot.

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