

Apple Cinnamon Pancakes

Unit: Griddle or Gourmet Skillet

Pancake mix

1 - Gala apple cut on #2 blade

Cinnamon

Butter

Use any pancake mix and add water. There is no need to add oil to batter. Combine ingredients as directed on instructions and add cinnamon with the shredded apples.

Heat unit on medium heat (325 on the electric skillet) for 2 to 3 minutes. Add some butter to the unit and heat until it begins to bubble. Reduce the heat if the butter begins to smoke.

Next, pour pancake mix onto the unit. As the pancakes start to dry around the edges turn them over with a thin metal spatula. If you are using the electric skillet, cook on 325.

(Note: If the pancakes are too dark, turn heat down a little. If they come out too light, turn heat up a little.)



HEALTH QUEST