

Applesauce Pancakes

(prep time: 6mins cooking time: 16mins)

INGREDIENTS

1. 1 cup all-purpose flour
 2. 1 teaspoon baking soda
 3. 1/8 teaspoon salt
 4. 2 tablespoons toasted wheat germ
 5. 1 cup non-fat buttermilk
 6. 1/4 cup applesauce
 7. 2 teaspoons vegetable oil
 8. 1 egg, lightly beaten
- Cooking spray
 - Reduced calorie maple syrup (*optional*)
 - Fresh fruit slices (*optional*)



INSTRUCTIONS

1. Combine first 4 ingredients in a medium bowl, make a well in centre of mixture
2. In a separate bowl, combine buttermilk and next 3 ingredients.
3. Add buttermilk mixture to dry ingredients, stirring just until dry ingredients are moistened.
4. Coat a non-stick griddle or non-stick skillet with cooking spray and preheat to 350°.
5. For each pancake, pour 1/4 cup batter onto hot griddle, spreading to a 5inch circle.
6. Cook pancakes until tops are covered with bubbles and edges look cooked, turn pancakes to cook other side.
7. If desired, serve with maple syrup and fresh fruit slices.

NUTRITION

<i>Servings</i>	10
<i>PER SERVING:</i>	
<i>Calories:</i>	81
<i>Fat:</i>	1.8g
<i>Sodium:</i>	187mg
<i>Carbohydrates:</i>	12.8g
<i>Fiber:</i>	.6g
<i>Protein:</i>	3.2g
<i>Cholesterol:</i>	23mg



