

Apple Pancakes

Ingredients

Apple	1 medium (about 115 grams)
Low protein baking mix	2 Tbsp
Sugar	1 tsp
Lemon, fresh	1/2 tsp
Orange juice	1/2 Tbsp
Vegetable oil	As needed for frying

Directions

1. Quarter and core apples. Grate on largest holes of grater.
 2. Combine all ingredients; mix well.
 3. Pan fry pancakes in a nonstick skillet using small amounts of oil as needed.
- These pancakes take longer to cook than regular pancakes. Keep temperature low and allow each pancake to brown well on each side before serving (6-7 minutes per side).

Yield: ~130 grams uncooked

Serving size: ~32 grams

servings: 4

Nutrition Facts

	Per Recipe	Per 1/4 cup Serving
Calories:	134	34
Total Protein:	0.32 grams	0.08 grams
Phe:	7 mg	2 mg (0 exchanges)
Leu:	15 mg	6 (0 exchanges)
Met:	3 mg	trace
Ile:	10 mg	3 mg