

Baked Apple-Cinnamon Pancake

"A meal in one, this pancake combines the 3 basic elements of a healthful breakfast: grain, low-fat milk, and fruit. It is light sweet, and delicate. Serve with juice or fresh fruit and a hot cup of tea, cocoa, or cider".

Difficulty level- easy Price- cheap

4 servings

INGREDIENTS:

- ✓ 2 tablespoons butter
- ✓ 3 large tart apples, peeled, cored, and thinly sliced
- ✓ Cooking spray
- ✓ 1 cup nonfat milk
- ✓ 1 cup liquid egg substitute (equivalent to 4 whole eggs)
- ✓ 3 tablespoons sugar
- ✓ 1 teaspoon vanilla extract
- ✓ 1/4 teaspoon ground cinnamon
- ✓ Salt, to taste
- ✓ 2/3 cup all purpose flour
- ✓ 3 tablespoons brown sugar
- ✓ Powdered sugar

DIRECTIONS:

- Heat oven to 425 degrees
- Place butter in 9-by-13-inch pan and place in oven until butter melts, approximately 5 minutes. Remove from oven and line bottom of pan with sliced apples, overlapping them tightly to distribute evenly. Coat with cooking spray and bake for 10 minutes or until apples are slightly tender.
- While apples are baking, combine milk, egg substitute, sugar, vanilla, cinnamon, and salt in a medium bowl. Add flour and blend until smooth.
- Pour milk-flour mixture over apples. Sprinkle with brown sugar and bake for 20 minutes, or until sides pull away from edges and top is puffed and golden brown.
- Let cool slightly, sprinkle with powdered sugar, and serve warm.

The Food and Mood Cookbook by Elizabeth Somer: page 13