

Apple-Cinnamon Pancakes



breakfast

POINTS® Value: 3

Servings: 4

Preparation Time: 10 min

Cooking Time: 5 min

Level of Difficulty: Easy

Make these in double or triple batches, wrap individual servings tightly and freeze for quick weekday breakfasts. Reheat in the microwave or toaster oven.

Ingredients

- 3/4 cup dry buckwheat pancake mix, incomplete, add-water-only
- 1/3 cup water
- 1 medium apple(s), peeled, cored and grated
- 1 tsp ground cinnamon
- 3 Tbsp reduced-calorie pancake syrup
- 1 cup canned sweetened applesauce, cinnamon flavored

Instructions

- To make batter, stir together pancake mix, water, apple and cinnamon.
- Coat a large, nonstick skillet with cooking spray and warm it over medium-low heat. Ladle out batter in small batches (2 to 3 tablespoons). Cook pancakes until nicely browned on both sides.
- Top with syrup and applesauce and serve. Yields 4 two-pancake servings.