



Low-Fat but Delicious Applesauce Pancakes

NIBBLEDISH CONTRIBUTOR

Ingredients

1-1/2 cup all-purpose flour
1 tsp baking powder
3/4 cup unsweetened applesauce
1 cup skim milk
2 egg whites
1/2 tsp ground cinnamon
1 tbsp sugar (optional)

Instructions

Pour a non-stick skillet over medium-low heat.

In a large mixing bowl combine the flour with the baking powder, the cinnamon and sugar if you use it (I don't). In another bowl beat the egg whites, add the applesauce and whisk. Add slowly the milk, whisk well. Stir in the flour mixture. Whisk just until well combined.

Drop by 1/4 cupfuls onto the heated ungreased skillet. Grill until bubbles forms. Turn them and grill until lightly brown.

These are delicious served with honey and a cup of hot coffee.