

Fruit Slice Pancakes



Makes:

5 servings, approximately 6 slices each

Utensil:

10" Electric Oil Core Skillet

12" Electric Oil Core Skillet

Stainless Steel Cutlery Set

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1

cup

Bisquick mix

(120

g)

1

egg

¹/₂

cup

almond milk

(120

mL)

1

teaspoon

pumpkin pie spice

(2

g)

¹/₂

teaspoon

cinnamon

(1

g)

1

tablespoon

honey or agave nectar

(21

g)

2 - 3

apples or pears, cored

Directions:

1. Preheat 10" electric skillet or 12" electric skillet to 450°F/230°C.
2. In a mixing bowl, combine Bisquick mix, egg, almond milk, pumpkin pie spice, cinnamon and honey or agave. Mix well and set aside.
3. Core apples or pears. Using a knife, cut into thin slices.
4. Dip each slice into batter and place in electric skillet. Cook each slice until edges are browned and bubbles appear in batter. Turn and cook other side until browned. Transfer to heated platter.
5. Repeat until all fruit slices and batter is cooked. Serve hot.

Tips:

- Use thin skinned fruit and do not peel.
- Easily customize this dish to fit your unique taste preferences by substituting in a fruit of your choice.

Nutritional Information per Serving

Calories:

181

Total Fat:

5g

Saturated Fat:

1g

Cholesterol:

43mg

Sodium:

336mg

Total Carbs:

31g

Dietary Fiber:

3g

Sugar:

16g

Protein:

4g