# Applesauce Pancakes

**Makes:** 6 Servings

## Ingredients

**1 cup** compota de manzana
**1/4 cup** leche en polvo, descremada, instantánea
**1 cup** agua
**2** huevos
**1 tablespoon** aceite de canola
**2 cups** harina para todo uso
**2 tablespoons** azúcar
**1/2 teaspoon** canela
**2 teaspoons** polvo para hornear

## Directions

1. Wash hands and clean food preparation area.
2. In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil.
3. Add flour, sugar, cinnamon, and baking powder.
4. Stir until mixture has only small lumps.
5. Place large skillet on medium-high heat.
6. Spray skillet with non-stick cooking spray.
7. Pour 1/2 cup batter onto skillet.
8. Turn pancake when bubbles form on top of batter.
9. Cook the other side for about 1 minute or until golden brown.

### Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|---|---|---|
| **Total Calories** | **240** | |
| Total Fat | 4.5 g | |
| Protein | 8 g | |
| Carbohydrates | 43 g | |
| Dietary Fiber | 2 g | |
| Saturated Fat | 1 g | |
| Sodium | 250 mg | |