

*A Recipe from the Cooking for Life Program:*

## Apple Yogurt Pancakes

### Ingredients

- 2 cups flour
- 5 tsps. baking powder
- 2 cups milk
- 1/2 tsp. salt
- 3 tbsps. sugar
- 1 tsp. cinnamon
- 2 1/4 cup plain yogurt
- 6 tbsps. canola oil
- 2 large eggs
- 1 cup chopped unpeeled apples



### Directions

1. Sift together dry ingredients.
2. Add yogurt, oil and flour mixture to eggs. Blend until smooth.
3. Stir in apples.
4. Heat griddle and melt a large pat of butter in center.
5. Use about 1/4 cup of batter per pancake. Cook until top is bubbling and underside is browned. Turn over and finish cooking.
6. Serve with syrup, apple sauce, or dust with icing sugar and cinnamon.

Makes about 2-2 1/2 dozen pancakes.

*Cooking for Life is a collaboration of the Vermont Campaign to End Childhood Hunger and UVM Extension's Expanded Food and Nutrition Education Program.*