

APPLE PANCAKES WITH NATIVE BERRIES



INGREDIENTS:

- 1 large egg*
- 3/4 cup milk or buttermilk*
- 1 cup pancake mix
- 1/2 cup apple, shredded or finely diced
- 1 Tablespoon butter, melted*
- Native berry jam

*Not provided

INSTRUCTIONS:

1. Whisk egg and milk together.
2. Add pancake mix and blend well.
3. Stir in melted butter and shredded or diced apple.
4. Set a pan over medium heat. When the pan is hot, spray with nonstick cooking spray and pour on batter, using 1/4 cup per pancake. When edges appear set and bubbles start to pop, flip and cook an additional 1.5-2 minutes.
5. Serve with a dollop of jam and enjoy!

Yield: 5-6 large pancakes

Source: Nutrition Department Original

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit www.c4yourself.com.

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