



French Apple Pancake

Ingredients

Yield 8 servings

Serving size: 1 wedge

- 1 cup Pancake Mix
- $\frac{3}{4}$ cup milk
- 2 tablespoons vegetable oil, butter or pan spray
- 2 apples, peeled, cored and diced (or 1 can any fruit, drained)
- $\frac{1}{4}$ cup honey, pancake syrup, corn syrup (or any liquid sweetener)

Optional ingredients:

- Add 1 teaspoon combined of any of the following spices: cinnamon, nutmeg, all spice, pumpkin pie spice, ground cardamom
- Add $\frac{1}{4}$ cup chopped nuts and/or dried fruit to fruit right before pouring the pancake mix over it.

Directions

1. In a medium bowl, whisk together pancake mix and milk. Set aside
2. In a medium saute pan, add oil over medium heat. Add fruit and saute until the fruit begin to soften, about 5 minutes. Pour honey or pancake syrup over fruit and saute an addition 3-4 minutes.
3. Pour pancake mix over the fruit and gently combine.
4. Put in oven for 10 minutes or until golden brown and puffed.
5. Turn out on to a plate and cut into pie wedges. Serve with whipped cream or vanilla ice cream if desired.