

## BAKED APPLE PANCAKE

(2 or 3 servings)

saute in baked apple pancake pan or oven-proof skillet

2 **apples** sliced thin (if don't have a tart apple add 1 or 2 teaspoons **lemon juice**), in

1 tbl **butter**

zest of  $\frac{1}{2}$  **lemon**

dash **cinnamon**

wisk:

3 **eggs** with

$\frac{1}{2}$  cup **skim milk**

Mix in the following dry ingredients and pour over apples:

$\frac{1}{2}$  cup **flour**

mix together and sprinkle over top of pancake batter:

2 teaspoons **sugar**

$\frac{1}{2}$  - 1 teaspoon **cinnamon**

Bake at 400 degrees for 20 minutes. Alternate method is wait until puffy (appx. 10 min.) to sprinkle with **cinnamon sugar**. Bake another 5 - 10 minute to brown. If desired add a sprinkle of salt to taste.