

Spiced Granola Pancakes

Recipe courtesy of *Food for Thought Cookbook*

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Ingredients:

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| 1 cup fat-free milk | 1/2 cup whole wheat flour |
| 1/2 cup applesauce | 2 tablespoons sugar |
| 1 tablespoon fat-free vanilla yogurt | 1 teaspoon baking powder |
| 2 eggs | 1 teaspoon baking soda |
| 2 teaspoons grated orange peel | 1 teaspoon ground ginger |
| 1 cup all-purpose flour | 1 teaspoon ground cinnamon |
| 1 cup low-fat granola | 1 teaspoon salt |

Directions:

In a large bowl, combine milk, applesauce, yogurt, eggs and orange peel. In a medium bowl, combine remaining ingredients. Stir the dry ingredients into the wet ingredients and mix just until dry ingredients are moistened. Do not over mix. Heat non-stick griddle to 350 degrees. For each pancake, pour 1/4 cup of pancake batter onto a hot griddle. Cook each side until puffed and dry around edges. Turn and cook 1 to 2 minutes longer or just until golden brown.