

NO-PREP OR LOW-PREP:

- Have children dip Melba toast into a single-serve cup of applesauce to make it sweeter and moister.
- Serve applesauce and granola together. Children can mix them for a compote with crunch! Especially if it's apple granola!
- Tell children they can use the back of their spoon to spread applesauce over their toast, waffles or pancakes.

GET INSPIRED:

- Incorporate applesauce into your smoothies for a silkier texture.
- Leftover single-serve cups of applesauce are a great add-in for muffin and pancake recipes!



Applesauce Pancakes

If pancake mix is a staple in your breakfast order, be sure to keep this recipe handy!



Photo credit: Lulubelle

INGREDIENTS

- 2 c. (500 ml) pancake mix
- 1 single-serve applesauce cup (104 ml)
- $\frac{3}{4}$ c. (180 ml) water
- $\frac{3}{4}$ c. (180 ml) milk

PREPARATION

Combine the ingredients in a bowl and whisk together.

Pour the amount of mixture suggested on the packaging to make 1 pancake (or make several small pancakes if you are using a baking sheet).

Cook for about 2 minutes on each side.