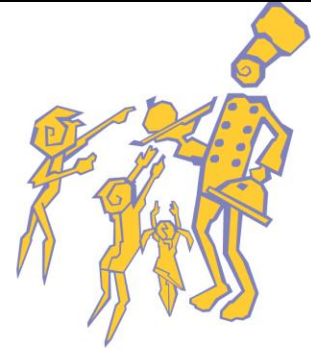




HOSPITALITY INDUSTRY PROFESSIONALS FOR KIDS



## Apple Whole Wheat Pancakes 4 Steps to a Delicious Breakfast!

- 1 Cup Whole Wheat Flour
- 2/3 Cup All Purpose Flour
- 1/3 Cup of whole Oats
- 1 ½ teaspoons Baking Powder
- ½ teaspoon Baking Soda
- 2 Tablespoons Brown Sugar
- 1 teaspoon Sea Salt
- 5 Tablespoons Canola Oil  
(instead of Butter) plus a small  
amount for cooking the  
pancake
- 2 ½ cups Milk
- 2 each Eggs (Whipped to froth)
- 3-4 Dried Apple Rings / ½ cup  
Grated Fresh Apple or 3-4

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