

Bran flake pancakes

Servings: 10

Imperial measure	Ingredients	Metric measure
Few sprays or 2 tablespoon	Non-stick cooking spray or vegetable oil	30 mL
1	Egg	
1 $\frac{3}{4}$ cups	Milk	425 mL
1 $\frac{1}{2}$ cups	All-purpose flour	375 mL
$\frac{1}{2}$ cup	Bran flakes	125 mL
2 tablespoon	Sugar	30 mL
$\frac{1}{2}$ teaspoon	Salt	2.5 mL
$\frac{1}{2}$ teaspoon	Baking powder	2.5 mL
$\frac{1}{2}$ teaspoon	Cinnamon (optional)	2.5 mL

Method:

1. Spray griddle with non-stick cooking spray; Heat to medium-high.
2. In a large bowl, mix together bran flakes, milk. Let stand until bran flakes are soft. (approximately 2-3 minutes)
3. Add eggs and vegetable oil and mix.
4. In a large bowl, combine flour, sugar, salt, baking powder and cinnamon (optional).
5. Mix all ingredients together.
6. Using a ladle, in small circles, add batter to hot griddle.
7. Cook until undersides are lightly browned, then flip and cook other side.
8. Top pancakes with apple cinnamon pancake topping (See recipe below).

Note: To make this recipe a part of a complete breakfast, offer it with a serving of fruit and a serving of milk and alternatives (e.g. 1 cup of milk).



Apple Cinnamon Pancake Topping

Ready in: 7-10 minutes

Servings: 4

Imperial measure	Ingredients	Metric measure
1 cup	Diced apples	250 mL
1 cup	Unsweetened apple juice	250 mL
1-2 teaspoons	Cornstarch	5-10 mL
2 teaspoons	Ground cinnamon	10 mL

Method:

1. Combine all ingredients into a pot and place on medium heat.
2. Bring mixture to a boil, stirring occasionally; approximately 2-3 minutes or until mixture is completely heated.
3. Turn off burner. Let cool before serving.
4. Topping can be stored in the refrigerator.