



German Apple Pancake

Adapted from cookinglight.com

1/2 cup whole wheat pastry flour
1/2 teaspoon baking powder
2 large eggs
4 egg whites
1 cup fat-free milk
1 teaspoon vanilla extract
Cooking spray
2 tablespoons butter
1/2 cup granulated sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon grated nutmeg
1 large apple, peeled and sliced thin
1/2 tablespoon powdered sugar

1. Preheat oven to 425 degrees F.
2. Combine flour, baking powder, eggs and egg whites, milk and vanilla in a blender or stir with a whisk until smooth. Set batter aside.
3. Spray bottom and sides of a 10-inch ovenproof skillet. Melt butter over medium-low heat. Combine granulated sugar, cinnamon, and nutmeg; sprinkle evenly over bottom and sides of pan.
4. Arrange apple in an even layer. Cook a few minutes until mixture bubbles. Slowly pour batter over top.
5. Bake for 15 minutes. Reduce oven temperature to 375 (do not remove pancake from oven); bake an additional 13 minutes or until center is set.
6. Serve from pan or loosen with spatula and slide onto a plate. Sift powdered sugar over top if desired. Cut into 6 wedges; serve immediately.

Nutrition information:

Calories: 174
Cholesterol: 73mg
Dietary fiber: 2g

Total Fat: 6g
Sodium: 82mg
Protein: 7.6g

Saturated fat: 3g
Carbohydrate: 23g