



Pear or Apple Pancake Rings

Makes 4 servings | **Grain** • **Fruit**

Ingredients

- 1 cup *CNP Master Mix*
- 1 egg
- ½ cup low-fat milk
- ½ teaspoon cinnamon
- 2 medium pears or apples, peeled and cored
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cut peeled and cored pears or apples into thin slices. Set aside.
3. Beat together *CNP Master Mix*, egg, milk, and cinnamon until smooth.
4. Coat a pan or electric skillet with nonstick spray. Warm to a medium heat.
5. Dip pear or apple slices in batter. Place on skillet and cook until golden brown, then flip and cook the other side.
6. Top with fresh fruit and/or low-fat yogurt.

CNP Master Mix

Makes 10 cups | **Grain**

Ingredients

- 4 cups unsifted enriched flour
- 4 cups unsifted whole-wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon salt
- 1 cup canola oil

Directions

1. Wash hands with warm, soapy water.
2. In a large bowl, combine flours, baking powder, sugar, and salt.
3. Drizzle oil over dry mixture. Cut in with pastry blender, fork, or fingers until it resembles coarse cornmeal.
4. Store in covered container in refrigerator for up to 3 months.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

1-877-219-4646 | <https://uwyo.cnpp.org/> | cnpp-info@uwyo.edu