

super spinach pancakes

1 cup packed
baby spinach
1 cup milk
1 tablespoon
applesauce
1 egg
1 cup flour
1 tablespoon
sugar
2 teaspoons
baking powder
¼ teaspoon salt

1. Blend the spinach, milk, applesauce and egg until smooth.
2. In a separate bowl, mix together flour, sugar, baking powder and salt.
3. Pour the blended spinach mixture into the bowl. Stir just until combined.
4. Heat a skillet over medium-low heat (300° F). Spray with a nonstick cooking spray.
5. Spoon batter onto the heated skillet. Cook pancakes until lightly browned on both sides.
6. Top with vanilla yogurt, fruit or applesauce.



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