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Pancake Apple Rings

UCI Wellness

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MAKES ~8-10 PIECES

Ingredients

Syrup

12 tablespoon apple cider

2 tablespoon brown sugar or maple syrup

Squeeze of lemon juice

1/4 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1 tablespoons cornstarch mixed with 1 tablespoon water

Pancake Batter

1 cup pancake mix

1 egg

1/2 cup of soy or regular milk

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon cloves

2 medium apples, peeled, cored, and cut into

8-10 "rings"

Butter or oil to cook rings

Instructions

1. Make pancake batter, whisk pancake mix with egg, milk, cinnamon, nutmeg, cloves.

2. Melt butter or heat oil over medium high heat, dip apples in mix, rotating and flipping to make sure to fully coat. Gently lay in hot oil and cook for about 3-5 minutes on each side, serve with syrup.

3. To make syrup, combine all the ingredients except cornstarch and water, bring to a boil. Combine cornstarch with water, mix well and stir into syrup. Bring to a boil, remove from heat and serve with apple rings.



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