

## 1. Applesauce Pancakes

**Prep Time:** 5 min | **Cook Time:** 5 min | **Total Time:** 10 min | **Servings:** 2

### Ingredients:

- 1 cup all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp cinnamon
- 1 cup milk (or plant-based)
- ½ cup unsweetened applesauce
- 1 egg
- 1 tsp vanilla extract
- 1 tbsp oil or melted butter

### Instructions:

1. Mix dry ingredients in a bowl.
2. In another bowl, whisk milk, applesauce, egg, vanilla, and oil.
3. Combine wet and dry ingredients until smooth.
4. Heat a non-stick pan; pour ¼ cup batter per pancake.
5. Cook 2–3 minutes per side until golden.
6. Serve warm with fruit or syrup.

### Nutrition (per serving, 2 pancakes):

- Calories: 160
- Protein: 5 g
- Fiber: 2 g
- Fat: 4 g
- Sugar: 6 g

### Health Benefits:

- Soluble fiber aids digestion and bowel regularity.
- Cinnamon helps regulate blood sugar.
- Moist texture reduces choking risk for selective eaters.

### Pro Tips:

- Start with ¼ cup applesauce if hesitant; gradually increase.
- Freeze extra pancakes for quick mornings.
- Pair with fruit to add natural sweetness and color.