

SKILLET APPLE PANCAKE

I love breakfast foods, and this recipe simply reminds me of my good taste! This came from Denise Emery who got it from a weight Watchers cookbook, so enjoy it! It's healthy!

INGREDIENTS:

1 Tablespoon Butter
¼ Cup Golden Raisins (regular will do, or you can simply skip them)
¼ Cup Apple Juice
4 Granny Smith Apples, peeled, cored, and thinly sliced
2 Tablespoons Sugar
¼ teaspoon ground Cinnamon
¼ teaspoon Vanilla
1 Cup low-fat (skim or 1%) Milk
2 large Eggs
2 Egg Whites
¼ teaspoon Salt
1 Cup all-purpose Flour
Confectioners Sugar for dusting

DIRECTIONS:

Preheat the oven to 425 degrees F.

Melt the butter in a large ovenproof skillet: add the apples, raisins, apple juice, 1 Tablespoon of the sugar, and cinnamon. Cook over medium-high heat stirring frequently until the apples are tender and most of the liquid has evaporated, about 10 minutes. Stir in the vanilla and remove from the heat.

Beat together the milk, eggs and egg whites, salt, and remaining 1 Tablespoon of sugar in a medium bowl. Gradually whisk in the flour until blended and smooth. Pour the batter over the hot apple mixture.

Bake 20 minutes. Reduce oven temperature to 350 degrees, and bake until puffed and golden, about 15 minutes longer. Sprinkle with confectioners sugar, and serve warm or at room temperature.

Makes 6 servings: 223 cal, 4 points