



Delightful Food Ideas

Americans Flip For Pancakes

(NAPSA)—When it comes to favorite breakfasts, few foods can stack up to pancakes. These quick, delicious treats can be part of a nutrient and energy-packed breakfast, and pancakes in the morning have become a family tradition in homes across the country.

Pancakes can be fun, too, and made by cooks of almost any skill level. In fact, some creative home chefs have added a few new twists to their pancake breakfasts including pancakes that aren't prepared on the griddle. From chocolate chip bubble biscuits to delicious oven pancakes topped with fruit and yogurt, pancakes continue to be a favorite breakfast food. Try this recipe for nontraditional pancakes—a mouth-watering sweet apple pancake made quickly and easily in the microwave.

Quick Apple Pancake

Apple mixture

$\frac{1}{4}$ cup margarine or butter

$1\frac{1}{2}$ cups thinly sliced, peeled apples

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon nutmeg

Pancake

1 cup *Hungry Jack*®

Buttermilk Complete
Pancake & Waffle Mix
(Just Add Water)

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon nutmeg

$\frac{3}{4}$ cup water

1 teaspoon vanilla

Topping

1 tablespoon sugar

$\frac{1}{4}$ teaspoon cinnamon



Quick Apple Pancakes add a sweet twist to a breakfast favorite.

Microwave Directions:

1. In 9-inch microwave-safe pie pan or round cake pan, microwave margarine on HIGH for 30 to 45 seconds or until margarine is melted. Stir in all remaining apple mixture ingredients. Cover; microwave on HIGH for 3 to 4 minutes or until apples are tender.

2. In medium bowl, combine all pancake ingredients; blend well. Pour batter evenly over cooked apples. In small bowl, combine topping ingredients; sprinkle over batter.

3. Microwave on HIGH 3 to 5 minutes or until toothpick inserted 2 inches from edge comes out clean. Let stand 5 minutes on flat surface. Invert onto serving plate. Cut into wedges. 6 servings

Tip: For honey pecan version, sprinkle $\frac{1}{4}$ cup chopped pecans over apple mixture in pan; drizzle with $\frac{1}{4}$ cup honey before microwaving. Sprinkle with extra cinnamon and cloves, if desired.

For more pancake and breakfast ideas, visit www.hungryjack.com.