

Cherry Puff Pancake

Smells of vanilla, cinnamon, and fruit will fill your home after baking these cherry puff pancakes. If you don't like cherries, try using peaches, pears, or blueberries.

Makes: 4 Servings
 Prep Time: 5 mins
 Cook Time: 15 mins

Source: MyPlate.gov/recipes

Ingredients

- 3 eggs
- 1/2 cup fat free (skim) milk (or 1% milk)
- 1 teaspoon vanilla
- 1/2 cup all-purpose flour
- 1 tablespoon sugar
- 1/8 teaspoon cinnamon
- 2 tablespoons margarine (or butter)
- 2 cups halved, pitted sweet cherries, fresh or frozen, thawed and drained
- 1/4 cup sliced almonds (optional)

Directions

1. Wash hands with soap and water.
2. Preheat oven to 450 degrees F.
3. In a medium bowl or blender, beat the eggs, milk and vanilla together until well blended.
4. Mix the flour, sugar and cinnamon together. Add to the liquid ingredients and mix until there are no lumps.
5. Put margarine or butter in a 10- or 11-inch oven proof skillet or a 2 1/2- to 3-quart baking dish. Place the skillet or dish in the hot oven until the margarine or butter is melted and bubbly. Remove from the oven. Quickly spread the cherries across the bottom of the hot skillet or dish.
6. Pour the batter over the cherries and sprinkle with almond slices, if using.
7. Return to the oven and bake for 15 to 20 minutes until the edges are browned and the puffs in the middle are golden. Cool slightly before cutting into 4 pieces. The center puffs will flatten during cooling.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	235
Total Fat:	10 g
Saturated Fat:	2 g
Cholesterol:	140 mg
Sodium:	69 mg
Total Carbohydrates:	29 g
Dietary Fiber:	2 g
Total Sugars:	15 g
Added Sugars:	3 g
Protein	8 g

Utensils Needed

- Medium bowl or blender
- Fork
- Small bowl
- Mixing spoon
- 10- or 11-inch oven proof skillet or a 2 1/2- to 3-quart baking dish
- Measuring cups and spoons

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$10.97

Average cost/serving: \$2.74

Makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Eggs, dozen



Add 1 to Cart
Skim or 1% Milk, 1/2 gallon



Add 1 to Cart
All-Purpose Flour, 1 bag



Add 1 to Cart
Fresh Cherries, 1 pound

Save Time, Save Money

My Cooking Notes

Chef's Notes

- Try using other fruit, such as peaches, pears or blueberries.
- Serve with plain or vanilla yogurt.