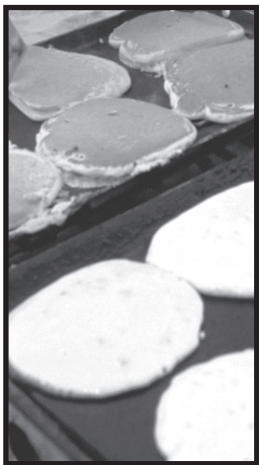


APRIL IS NATIONAL SOYFOODS MONTH

Mouthwatering Apple Cinnamon Pancakes

Recipes provided by...

Soybeans
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INGREDIENTS...

- 1 cup buttermilk pancake mix
- 3/4 cup* vanilla soymilk
- 1/2 teaspoon cinnamon, ground
- 1/3 cup apples**, peeled and diced

Per pancake:

Calories:	170
Total fat:	2 g
Saturated fat:	0 g
Cholesterol:	0 mg
Sodium:	830 mg
Carbohydrate:	36 g
Protein:	4 g
Soy Protein:	1.72 g
Dietary Fiber:	0 g

Mix pancake mix, soymilk and cinnamon together until blended. Stir in apples. Cook as directed on pancake mix package. Makes 8 to 9, 4-inch pancakes.

*The amount of liquid may vary with pancake mix.

Use the same amount of soymilk as the liquid amount stated in the package directions.

**May substitute 1/3 cup apple pie filling for the apples.

Yield: 9 Pancakes

Eat well. Eat soy.



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