



**Emergency Essentials®**

**Provident Pantry** Recipe

## Breakfast

# Applesauce Pancakes

### Ingredients

- 2 Cup Biscuit Mix†
- 1 Cup Deh Fat-Free Milk\* †
- 1 Cup Deh Applesauce\* †
- 2 Tbl Deh Whole Eggs\* †

\*Reconstitute before using  
FD: Freeze Dried  
Deh: Dehydrated

### Preparation

1. Combine all ingredients in a medium mixing bowl.
2. Beat until smooth.
3. Pour 1/4 cup batter onto a hot, lightly greased griddle/skillet.
4. Turn pancakes when the tops are bubbly and edges look cooked.

-Makes 2 dozen 4" pancakes.

† All Freeze Dried and Dehydrated products can be purchased at [beprepared.com](http://beprepared.com) or call 1-800-999-1863

