

Quick Fruit Skillet Cake

Servings-4

Per Serving: 201 calories, 11g fat, 7g protein, 20g carbohydrate, 4g dietary fiber, 110mg cholesterol, 52mg sodium

This is a delicious fruit tart you can make in place of pancakes for breakfast, as an after school snack, or healthy dessert. It tastes like a treat, but the whole wheat flour, fresh fruit, and low sugar content make it a healthful choice.

Ingredients:

2 tablespoons olive, coconut, or vegetable oil
½ cup whole wheat flour
2 tablespoons ground flax seed (optional)
½ cup milk (you can use soy, almond, or rice milk if you prefer)
2 eggs
1 teaspoon cinnamon and/or ground ginger
1 teaspoon salt
1-1½ cups fresh fruit-berries, bananas, apples, peaches, mangos or any other favorite fruit
2 tablespoons honey, maple syrup or brown sugar
½ large lemon (optional)

Directions:

Preheat oven to 425 degrees

Place oil in cast-iron or oven safe skillet and place pan in oven

In medium bowl, combine flour, milk, flax, eggs, cinnamon and salt

Mix with fork until combined, you can leave some lumps

Remove pan from oven and pour batter into melted oil, and return to oven and cook for 12 minutes

Remove pan and spoon chopped fruit onto pan cake, sprinkle sweetener and lemon juice over fruit. Cook for another 5 minutes, until edges are slightly browned.

Remove and cool for a few minutes before serving. Enjoy!

