

Mother's Day Tips

Make May 12 A Day She'll Always Remember



Fruity, melt-in-your-mouth Buttermilk Apple Sauce Pancakes can be a great way to start Mother's Day off right.

(NAPSA)—The gift of breakfast in bed is older than the Mother's Day holiday itself, but it still serves as a heartfelt token—a well-deserved respite for all that Mom has done for everyone in the household.

This year, you can make that morning meal extra-special—and nutritious—with melt-in-your-mouth Buttermilk Apple Sauce Pancakes and a luscious Apple Banana Smoothie to wash them down. Both are simple enough that youngsters can pitch in—though Dad should probably handle the blending and the baking.

Apple Banana Smoothie

Makes two 8-oz. smoothies

- 2 bananas, frozen (peel before freezing)**
- ½ cup buttermilk**
- 1 cup Mott's Apple Sauce**

Purée in blender and pour into chilled mugs.

***Serving suggestions:* Ideal for breakfast or an anytime snack. Substitute your favorite fruit (frozen).**

Buttermilk Apple Sauce Pancakes

Makes about 12 pancakes

- 2 cups flour**
- 1 dash salt**
- 2 tablespoons baking powder**
- 1 cup Mott's Apple Sauce**
- 2 eggs**
- 1 cup lowfat buttermilk**

- 1. Combine dry ingredients in large mixing bowl.**
- 2. Add wet ingredients and stir until well-combined.**
- 3. Using ¼-cup measure, scoop pancake batter onto buttered griddle or skillet.**
- 4. Flip when bubbles appear.**
- 5. Cook until golden brown.**

***Serving suggestions:* Delicious with a pat of butter, a sprinkle of powdered sugar and a cup of chilled Mott's Cinnamon Apple Sauce. Add more buttermilk as desired for thinner pancakes.**

For more recipes, visit the Web site at www.motts.com.