

# Apple Pancakes

This is one of my favorite dishes from childhood. It's easy, and it can be a perfect dish served for breakfast or brunch. Serve it with fruit, powder sugar or maple syrup.

**SERVES 4**

## **INGREDIENTS**

- 2** eggs
- 1/4** sugar
- 1** tsp vanilla extract
- 1 1/4** cup whole wheat flour
- 1** tsp baking powder
- 3/4** cup water
- 1** tsp butter, melted
- 1/4** tsp ground cinnamon
- 1** apple, peeled, cored and sliced into thin slices
- salt

Combine together in a large bowl; eggs, sugar and vanilla. Mix well all the ingredients.

In another bowl mix together; flour, baking powder, cinnamon, and a pinch of salt. Alternatively add flour and water, incorporating ingredients slowly, don't over mix. If the mixture is too dry add more water, however it should be thick not watery.

Add butter and apples to the mixture.

With a paper towel wipe the butter dish where butter has melted and use that butter to rub the heating skillet. Heat the skillet to medium.

Ladle pancake butter into the skillet. When bubbles come up flip the pancakes. You might have to turn down the heat to medium-low.

Turn the oven on to low heat. When the pancakes are golden place them in the oven. Keep pancakes there until you finish making all of them.

Serve pancakes warm out of the oven with powder sugar or maple syrup. Enjoy, they are delicious.

Data per serving.

Calories	211	Sodium	56.0mg
Protein	7g	Cholesterol	2.7mg
Total Fat	2g	Fiber	5g
Carbohydrates	45g		

Nutritional data compiled from the United States Department of Agriculture National Nutrient Database. Reliance on the information shall be at your sole risk.

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