

Apple Pancakes

Yields about 8 small or 6 large pancakes

Ingredients

- 1 ½ cups flour (non wheat – use combination of spelt, buckwheat, rice, soy, millet, barley)
- 2 teaspoons baking powder
- 1 large apple, grated
- 2 eggs, lightly beaten
- 1 cup milk (non dairy – use soy or rice milk)
- 50 g butter melted (non dairy – use olive oil)
- 2 tablespoons raw sugar*

The method

Sift flours and baking powder into mixing bowl, add sugar and mix well.

Add grated apple and stir until apple is coated and evenly distributed.

Add lightly beaten eggs, milk and melted butter stirring until just combined – do not overmix.

Heat the pan, and coat base with a little oil.

Add about ¼ cup batter to the pan, spreading into an even circle.

Turn pancake when bubbles break the surface. Keep warm.
Cook remaining batter.

Serving suggestion

- Drizzle each pancake with freshly squeezed lemon juice
- Top with some plain Greek-style yoghurt
- Add fresh berries of your choice
- Drizzle with some pure organic maple syrup

* replace sugar with 50ml maple syrup, reducing milk by 50 mls

