

Fresh Apple Pancakes



Makes:

14-18 pancakes, 2 pancakes per serving

Utensil:

Saladmaster Food Processor
12" Electric Oil Core Skillet
small mixing bowl

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Recipe:

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1 cup
flour
(120
g)
1 cup
whole wheat flour
(120
g)
1 tablespoon
sugar
(12.5
g)
 $\frac{3}{4}$ teaspoon
baking powder
(3.7
mL)
 $\frac{1}{2}$ teaspoon
salt
(2.5
mL)
 $\frac{1}{2}$ teaspoon
ground cinnamon
(2.5
mL)
1 $\frac{1}{2}$ cups
low-fat buttermilk
(350
mL)
 $\frac{1}{2}$ teaspoon
baking soda
(2.5
mL)
 $\frac{1}{4}$ cup
egg substitute
(60
mL)
1 tablespoon
unsweetened applesauce
(16
g)

1 cup
tart apple, strung, use Cone #2 (peeled, if desired)
(125
g)
½ cup
walnuts, finely chopped
(60
g)

Directions:

1. In mixing bowl, combine flours, sugar, baking powder, salt and cinnamon. Whisk to blend thoroughly.
2. Preheat covered electric skillet to 350°F/175°C.
3. In small bowl, combine buttermilk and baking soda. Add egg substitute and applesauce, mix well. Add to dry ingredients and stir quickly to blend.
4. Fold in apple, including any accumulated juice, and walnuts into batter. Batter will be thick.
5. Spoon scant ¼ cup (60 mL) batter into electric skillet, smoothing surface and repeating to make three pancakes at a time.
6. Cook pancakes until edges are browned and bubbles appear in batter, approximately 2 minutes. Turn and cook other side until browned.
7. Transfer to heated platter and keep warm.
8. Repeat until all batter is cooked.
9. Serve pancakes hot with warm maple syrup, if desired.

Nutritional Information per

▼ Serving

Calories: 174
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 2mg
Sodium: 296mg
Total 27g
Carbs:
Dietary Fiber: 3g
Sugar: 5g
Protein: 6g