

## 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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1

cup

flour

(120

g)

1

cup

whole wheat flour

(120

g)

1

tablespoon

sugar

(12.5

g)

<sup>3</sup>/<sub>4</sub>

teaspoon

baking powder

(3.7

mL)

<sup>1</sup>/<sub>2</sub>

teaspoon

salt

(2.5

mL)

<sup>1</sup>?<sub>2</sub>

teaspoon  
ground cinnamon  
(2.5  
mL)

<sup>1</sup>?<sub>2</sub>

cups  
low-fat buttermilk  
(350  
mL)

<sup>1</sup>?<sub>2</sub>

teaspoon  
baking soda  
(2.5  
mL)

<sup>1</sup>?<sub>4</sub>

cup  
egg substitute  
(60  
mL)

1

tablespoon  
unsweetened applesauce  
(16  
g)

1

cup  
tart apple, strung, use Cone #2 (peeled, if desired)  
(125  
g)

<sup>1</sup>?<sub>2</sub>

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 <sup>1</sup>?<sub>4</sub> 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 Carbs:**

27g

**Dietary Fiber:**

3g

**Sugar:**

5g

**Protein:**

6g