

# Apple Pancakes

## INGREDIENTS

- ★ 1.5 Cups Rolled Oats
- ★ 1 Apple (cut up into thin slices)
- ★ 1 tsp. baking powder
- ★ ½ tsp. baking soda
- ★ ¼ - ½ cup water (divided)
- ★ 2 tbsp maple syrup
- ★ 1 egg

## DIRECTIONS

1. Cut apple into thin slices
2. Measure out (don't forget to **level**) all of the ingredients and into a blender. Add ¼ cup of water to start.
3. Blend the mixture on a medium speed, and add water as needed until you achieve a smooth consistency
4. Heat a pan to medium and coat with nonstick spray or oil
5. Scoop about ¼ cup of the mixture into a measuring cup and pour onto the pan
6. Flip the pancake after about 3-5 minutes or until the side is a nice golden-brown color. The next side will cook for another 3-5 minutes.

**Cook Time:** 20 minutes

### **Cookbook Tips:**

1. If you don't want to use all of the batter, you can put the remaining mixture into a freezer bag and save it up for another day!
2. Top your pancakes with some chopped up fruit and drizzle with maple syrup!

### **Cookbook Lingo:**


**Level:** After measuring out dry ingredients, use the back of a knife or a flat kitchen tool to remove the excess ingredients that are overflowing past the top of the measuring cup.



**Rate this recipe:** ☆ ☆ ☆ ☆ ☆

## Grocery List

- Rolled Oats
- 1 Apple
- Baking powder
- Baking soda
- Maple syrup
- 1 egg

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