Apple Pancakes

<u>INGREDIENTS</u>

- ★ 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

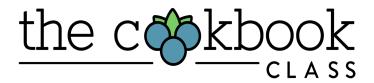
Cookbook Tips:

- 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.





Grocery List

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

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Chef ____