



Long Livo

Apple Pancakes – Easy & Delicious Breakfast

15 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

American

Cuisine

Ingredients

Batter

- ☐ 1 ½ cups all-purpose flour
- ☐ 2 tbsp brown sugar
- ☐ 1 tsp baking powder
- ☐ ½ tsp baking soda
- ☐ ¼ tsp salt
- ☐ 1 tsp ground cinnamon
- ☐ ¼ tsp ground nutmeg

- ☐ 1 cup milk
- ☐ 1 large egg
- ☐ 2 tbsp melted butter
- ☐ 1 tbsp lemon juice
- ☐ 1 large apple, peeled, cored, and grated

Maple Glaze

- ☐ ¼ cup pure maple syrup
- ☐ 1 tbsp butter, melted
- ☐ Pinch of cinnamon (optional)

Instructions

- 1 In a large bowl whisk together flour, brown sugar, baking powder, baking soda, salt, cinnamon, and nutmeg.
- 2 In another bowl combine milk, egg, melted butter, and lemon juice; beat until smooth.
- 3 Pour the wet mixture into the dry ingredients and stir just until combined; the batter will be slightly lumpy.
- 4 Fold the grated apple gently into the batter, distributing pieces evenly.
- 5 Heat a non-stick skillet over medium heat and add a thin layer of butter.
- 6 Spoon ¼-cup portions onto the skillet; cook until bubbles appear on the surface, about 2-3 minutes.
- 7 Flip carefully and cook another 2 minutes until golden brown.
- 8 Meanwhile, whisk maple syrup, melted butter, and a pinch of cinnamon in a small saucepan; warm just until fluid.
- 9 Stack pancakes on a plate, drizzle the warm glaze over the top, and serve immediately.

Nutrition per serving

320 kcal

Calories

7 g

Protein

48 g

Carbs

10 g

Fat

Tips & notes

- If the batter seems too thick, add a splash more milk.
- For extra caramel flavor, toss the grated apple with a little brown sugar before folding in.
- A dusting of powdered sugar adds a delicate sweet finish.