



Long Livo

Apple Yogurt Pancakes – Quick & Easy Breakfast

15 min

Prep time

4

Servings

10 min

Cook time

Easy

Difficulty

25 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 ½ cups all-purpose flour
- ☐ 1 cup plain Greek yogurt
- ☐ 2 large eggs
- ☐ ½ cup milk
- ☐ 2 tbsp honey
- ☐ 1 tsp baking powder
- ☐ ½ tsp ground cinnamon
- ☐ ¼ tsp salt
- ☐ 1 large apple, peeled and diced
- ☐ 1 tsp lemon juice
- ☐ 2 tbsp butter, melted

Instructions

- 1 In a bowl, whisk together flour, baking powder, cinnamon, and salt; set aside.
- 2 In another bowl, combine yogurt, eggs, milk, honey, melted butter, and lemon juice; mix until smooth.
- 3 Add the wet mixture to the dry ingredients, stirring gently until just combined; fold in the diced apple.
- 4 Heat a lightly greased skillet over medium-low heat; pour ¼-cup batter for each pancake, cooking until bubbles form on top.
- 5 Flip carefully, cook another 1-2 minutes until golden, then keep warm while you finish the batch.

Nutrition per serving

280 kcal

Calories

9 g

Protein

38 g

Carbs

9 g

Fat

Tips & notes

- If the batter feels too thick, add a splash of milk.
- Let the batter rest for 5 minutes for fluffier pancakes.
- For extra caramelization, sprinkle a pinch of brown sugar on each side before flipping.