



Loaded with whole grain goodness and freshly ground flax these pancakes will leave you full but wanting more!

Apple and Flax Pancakes

Yield: 12 pancakes

Directions:

1 ¼ cups Fieldstone Organics Spelt, Red Fife (ground into flour)
1/3 cup flaxseed, coarsely ground
3 Tbsp. granulated sugar
1 Tbsp. baking powder
½ tsp. salt
¼ tsp. cinnamon
Dash of nutmeg
2 eggs, separated, whites beaten stiffly
1 ¼ cups milk
3 Tbsp. butter, melted
1 cup freshly shredded apple

Procedure:

In a large bowl, combine flour, ground flax, sugar, baking powder, salt, cinnamon and nutmeg.

In a medium bowl, lightly beat together egg yolks, milk and butter.

Add liquid ingredients to the dry, stir until just combined. Shred apple, add to batter, and stir until just combined. Fold in egg whites.

Preheat griddle or heavy fry pan to medium heat. Lightly grease pan.

Using a 1/3 cup (75 mL) measure, pour batter onto pan.

Cook pancakes until bubbles appear on surface, about 1 minute.

Turnover and brown other side.

