



## **Apple and Flax Pancakes**

Yield: 12 pancakes

### **Directions:**

1 ¼ cups all-purpose flour (soft white wheat, whole wheat, spelt)  
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 2% milk  
3 Tbsp. butter, melted  
1 cup pared and shredded apple (shred just prior to adding butter)

### **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 or spray with non-stick vegetable spray. 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.

