

APPLE PANCAKES



Beyond Graduation. Beyond Campus. Beyond Boundaries.

INGREDIENTS

- 3/4 cup milk
- 2 tablespoons apple cider vinegar
- 1 large apple, grated (do not peel)
- 1/4 cup rolled oats
- 3/4 cup all-purpose flour
- 1/4 cup whole wheat flour
- 2 tablespoons chopped, toasted almonds
- 1 tablespoon white sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 large egg
- 2 tablespoons butter, melted
- cooking spray

DIRECTIONS

Combine milk with vinegar in a medium bowl and set aside for 5 minutes to “sour.” Grate the apple and add to the “souring milk.” Add the oats to start softening.

Combine flour, almonds, sugar, baking powder, baking soda and salt in a large mixing bowl. Whisk egg and butter into “soured” milk. Pour the flour mixture into the wet ingredients and whisk until lumps are gone.

Heat a large skillet over medium heat, and coat with cooking spray. Pour 1/4 cupful of batter onto the skillet and cook until bubbles appear on the surface. Flip with a spatula and cook until browned on the other side.

MARQUETTE
DINING SERVICES

Innovation Kitchen