

Whole-Grain Cinnamon-Apple Pancakes

Serves: 4 | Serving Size: 3 pancakes and ¼ C apple topping

- 2 medium apples, peeled and cored
- 28 g unsalted butter
- 2 T maple syrup
- 1¼ tsp ground cinnamon, divided
- 90 g whole-wheat flour
- 60g quick-cooking oats
- 2 tsp baking powder
- 2 tsp sugar
- ¼ tsp salt
- ¼ tsp baking soda
- 235 g plain Greek yogurt
- 1 tsp vanilla extract
- 1 large egg



1. Cut one **apple** in half; shred half of the apple and set aside. Dice remaining 1½ apples.
2. In a small saucepan over medium heat, melt **butter**. Stir in diced **apple** and 59 ml water; cover and cook until the apple is tender, **10–12 minutes**.
3. Stir in **maple syrup** and ¼ **tsp cinnamon**.
4. Meanwhile, in a large bowl, stir together **flour**, **oats**, **baking powder**, **sugar**, **salt**, **baking soda** and the remaining **1 tsp cinnamon**.
5. In a medium bowl, whisk together **yogurt**, remaining **118 ml water**, **vanilla** and **egg**.
6. Add **yogurt mixture** and **shredded apple** to **flour mixture**; stir until just combined.
7. Heat a large non-stick griddle or non-stick skillet over medium heat. Spoon a scant ¼ **C** batter per pancake onto a hot griddle. Cook until tops are dotted with bubbles and edges look cooked, **3–4 minutes**; turn and cook **2–3 minutes** on the other side.
8. Top pancakes with apple mixture.