

Whole Wheat Apple Pancakes [from Ellie Krieger's *So Easy*]

Ingredients:

- 1 medium apple, chopped [Golden Delicious is suggested, I used Pinata]
- 3/4 cup all purpose flour
- 3/4 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 cup buttermilk
- 3/4 cup skim milk
- 2 eggs, beaten
- 1 tablespoon honey
- cinnamon
- olive oil

Directions:

Put the apple in a microwave safe bowl and cover with plastic wrap. Microwave on high until softened, about 2 minutes. Sprinkle with cinnamon [if desired] and set aside.

In a large bowl, whisk together the dry ingredients: flours, powder, soda. In a small bowl, whisk together milks, eggs, and honey. Fold wet ingredients into the dry ingredients and stir until just combined. Batter will be lumpy.

Heat a large skillet drizzled with olive oil. Once hot, scoop batter by 1/4 cup increments. Top with about 1 tablespoon apple. Cover with a little more batter. Cook until golden brown on each side, about 4-5 minutes total since these are thick pancakes. Serve with butter and honey, or maple syrup if that's more your flavor!

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