

# Vegan Maple and Apple Cinnamon Pancakes

Snow...is upon us again!!! This time another 6-10 inches in the Northeast. So lots of time to cook, create, and eat after shoveling. Today I'm making a recipe from Kim Barnouin's *Skinny Bitch Ultimate Everyday Cookbook*, Maple and Apple Cinnamon pancakes. They are tasty and filling, especially after a morning of shoveling! Here are the details:

## **Ingredients:**

1 cup unbleached flour  
3 tablespoons evaporated cane sugar  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1 1/4 teaspoon cinnamon, divided  
1 cup almond milk  
1 teaspoon vanilla extract  
2 tablespoons canola oil  
3 tablespoons Earth Balance, divided  
2 Granny Smith apples, peeled and thinly sliced  
1/2 cup maple syrup  
1/4 teaspoon ground nutmeg

## **Directions:**

In a medium saute pan, melt 2 tablespoons of Earth Balance Add the sliced apples and saute about 2 minutes. Add the maple syrup, 1 teaspoon of cinnamon and the nutmeg. Cook for 2 minutes together and keep on low heat until the pancakes are ready for this topping.



*Maple Syrup, Cinnamon and Apples*

In a medium bowl, stir together the flour, sugar, baking powder, baking soda, salt, and 1/4 teaspoon of the cinnamon.



*Dry Ingredients*

In a separate bowl, whisk together the milk, vanilla extract, and oil.



*Wet Ingredients*

Combine the milk mixture and the flour mixture, and whisk until smooth. If the batter is too thick, add more milk, 1 tablespoon at a time. Heat 1 tablespoon

in a large skillet or griddle over medium heat. With a 1/4 measuring cup, drop batter on to the hot pan. Cook until batter starts to bubble. Flip with a spatula and cook until the other side is golden brown. Top pancakes with the warm apple/maple syrup mixture. Enjoy!