

Apple Fritter Pancakes

HolisticQ Signature Recipe

Have you ever woken up in the morning with a taste for Apple Fritters? Well with a little planning of ingredients, you are set! These pancakes are perfect with pure Maple syrup, and taste like an apple fritter!!!

Ingredients:

- 2 cups almond flour (or meal)
- 1 cup rolled oats
- 1/2 cup all purpose flour
- 1/2 cup sugar (try coconut sugar)
- 1 tablespoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup olive oil
- 1 cup apple puree (a large whole Granny Smith apple)
- 4 eggs
- 1 cup milk (or buttermilk)
- 2 teaspoons vanilla

In a large mixing bowl, whisk together the dry ingredients. In a separate bowl combine the oil, applesauce, eggs, milk, and vanilla. Mix well and combine with the dry ingredients. Cook as you would any pancake, but take notice that they are done on the bottom before turned for the first time. This recipe will make about a dozen 6 inch pancakes.