

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 just like an apple fritter!!!

Ingredients: All Organic

- 2 cups almond meal (flour will work, but meal is better)
- 1 cup rolled oats (blended to a meal)
- 1/2 cup flour (spelt is our choice, but go with your favorite)
- 1/2 cup coconut sugar
- 1 tablespoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup oil (grapeseed, sesame, etc...)
- 1 cup applesauce (apple puree)
- 4 eggs
- 1 cup almond milk
- 2 teaspoons vanilla

In a large mixing bowl, whisk together the dry ingredients. In a separate bowl combine the oil, applesauce, eggs, almond 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.