

Apple Pie Pancakes

Susan Alsembach

This pancakes really make the fall special, with the cinnamon bringing out all those warm flavours. Try these out they are sure to be a hit with your family.

Enjoy,

Susan

Apple Pie Pancakes

15 ingredients · 30 minutes · 6 servings



Directions

1. In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
2. In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
3. Mix in baking powder, baking soda, and salt.
4. Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
5. Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
6. Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
7. Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3 to 5 minutes or until apple chunks are soft.
8. Top apple pancakes with chunky apple cinnamon sauce and enjoy!

Notes

No Arrowroot Flour

Use tapioca flour or cornstarch.

Leftovers

Store pancakes in the fridge and reheat them in the toaster.

Ingredients

- 3 Egg
- 180 milliliters Unsweetened Almond Milk
- 60 grams Maple Syrup (divided)
- 3/4 Lemon (juiced and divided)
- 5 milliliters Vanilla Extract
- 56 grams Coconut Flour
- 64 grams Arrowroot Powder
- 7 grams Baking Powder
- 1 gram Baking Soda
- 2 grams Sea Salt
- 15 milliliters Extra Virgin Olive Oil
- 15 milliliters Coconut Oil
- 1 Apple (cored and diced)
- 1 gram Cinnamon
- 14 grams Almond Flour