

Whole Wheat Apple Pancakes

Total: 12 min. Active: 10 min. Yield: 6 servings.

Nutritional Information Per Serving

Calories: 230. Total Fat: 3g. Carbs: 46g. Protein: 8g.

Ingredients

- 1 cup low-fat buttermilk
- 3/4 cup non-fat milk
- 2 large eggs
- 1 tbsp honey
- 6 tbsp pure maple syrup
- 1 medium apple, diced
- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt

Directions

Preheat the oven to 250. Put the apple in a microwave-safe bowl and tightly cover with plastic wrap; microwave on high until softened, about 2 minutes.

In a large bowl, whisk the flours, baking powder, baking soda and salt. In a small bowl, whisk the buttermilk, nonfat milk, eggs and honey, then slowly add the dry ingredients, stirring until just combined.

Heat a large nonstick griddle or skillet over medium heat. Spoon 1/4 cup batter onto the griddle for each pancake and sprinkle each with apple, then drizzle a little more batter over the apple. Cook until the tops are bubbly and the edges are dry, about 2 minutes. Flip and cook until golden brown, 1 to 2 more minutes. Keep the pancakes warm on a baking sheet in the oven while making the rest.

Place 2 pancakes on each plate. Drizzle with the syrup.

