

# Apple Pancake



My favorite way of having apple pancake – with almond butter, Hero Black Cherry Jam & whipped cream.

## Ingredients

(per 10 inch pancake)

2 Eggs  
Dash of Salt  
1 Tablespoon Sugar  
1 Teaspoon Vanilla Extract  
Dash Cinnamon  
Handful Dried Cranberries  
Handful Raisins  
Shot of Dark Rum (optional, but great!)  
1 Tablespoon Red Quinoa (optional)  
1 Tablespoon Whole Wheat Flour  
1 Tablespoon Ground Flax Seed  
Handful Toasted Slivered Almonds  
Shot of Milk  
Butter



## Equipment

Mixing Bowl  
Whisk or Fork  
Teaspoon  
Tablespoon  
Sharp Knife  
Cutting Board  
10 Inch Frying Pan  
Large Plate  
Spatula



1. Make the **batter** by combining 2 **eggs**, a healthy dash of **ground cinnamon**, 1 teaspoon **vanilla extract**, 1 tablespoon **sugar**, a dash of **salt**,...



...a handful of both **dried cranberries** and **raisins** (you can substitute with 2 handfuls of either **dried cranberries** or **raisins** or any other **dried fruit**), a good shot of **dark rum** (optional),...



...1 big tablespoon **red quinoa** (optional), 1 big tablespoon **ground flaxseed**, 1 ½ tablespoons **whole wheat flour**, a handful **toasted slivered almonds**, and...



...a good shot of **milk**.



2. Whisk the **ingredients** together until they look about as shown below.



3. Cut 1 ½ **apples** into thick slices about as shown below.



3. Add and coat the frying pan warmed over **LOW-MEDIUM** heat with a good chunk of **butter**. Then....



...pour in the **batter** and top with **apple slices** about as shown below.



4. Cook slowly until the bottom of the **pancake** is richly browned. Then add more **butter** to the pan, flip the **pancake apple** side down and...



...cook until the **apples** are lightly browned like this.



5. Top with **ground cinnamon** and **sugar**.



NOTE: This is how the **pancake** I made Monday looked on the inside.

