

Whole Wheat Dutch Baby Pancakes with Cinnamon Apples - Guiding Stars

Prep Time

10 minutes

Cook Time

25 minutes

Servings

2

This whole-grain, lightly sweet confection is the answer to your quest for a lazy weekend breakfast treat that won't undermine your plans to choose nutritious foods. Use your favorite baking apples and your favorite nuts and spice blends to make this dish uniquely yours.



Ingredients

- 2 eggs
- 2 T. maple syrup, divided
- 1/2 c. skim milk
- 1/2 c. + 2 T. whole wheat flour
- 1/8 t. salt
- Zest from 1/2 lemon
- 1 T. butter
- 3 tart apples, slices
- 1/4 c. walnuts
- 1/2 T. cinnamon
- 1/2 t. nutmeg

Directions

1. Preheat oven to 400°F. Place 10" cast iron skillet in the oven to heat with it.
2. Whisk together eggs, milk, flour, lemon zest, salt, and half of maple syrup.
3. Place butter in preheated skillet, swirling to coat the bottom and sides. Pour in batter. Bake until golden brown and puffed (20-25 minutes).
4. While the pancake is cooking, place apple slices, remaining maple syrup, cinnamon and nutmeg in a small pan. Cook over medium heat until apples are soft.
5. Serve cooked pancake hot and topped with apples.

Nutrition Facts

Serving Size: Calories: 0 Total Fat: 0g Saturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Sodium: 0mg Carbohydrates: 0g Fiber: 0g Sugars: 0g Protein: 0g Vitamin A: % Vitamin C: % Calcium: % Iron: %

Recipe by Guiding Stars at <http://guidingstars.com/recipes/whole-wheat-dutch-baby-pancakes-with-cinnamon-apples/>

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