



## Apple Spice Pancakes



### Great Because...

tasty finger food, perfect for snack time, breakfast or a meal on the go!

Prepare in... 10 mins

Cooks in... 5 mins

Serves... 4

### Ingredients

- 1 cup (125g) plain flour (white or wheat flour also works)
- 1/2 teaspoon ground cinnamon
- 2 teaspoons baking powder
- 1 medium egg
- 1/2 cup (125ml) full fat milk (any will work – cow's, soya, oat, coconut, breast or formula)
- 1/2 cup (125g) applesauce

### How To Make

- Mix the flour, cinnamon and baking powder together in a large bowl. Whisk in the egg and milk gradually
- Mix in the applesauce
- Add a splash more milk if your batter seems too thick, however, it should be thick enough to create shapes
- Heat a large non-stick frying pan over medium heat
- To make Christmas shapes, lay large metal cookie cutters in the pan. Pour a few tablespoons of batter into each one. Alternatively, spoon the batter into the pan normally for circular pancakes
- Allow to cook for 2-3 minutes on one side, until you see bubbles coming to the top of the pancakes. Then carefully invert the cookie cutters and press the pancakes out into the pan to cook the other side for another 2 minutes
- Serve once cooled with fruit and a drizzle of maple syrup for a treat!

