

# Apple Pancake

**Prep Time:** 5 Min **Cook Time:** 25 Min **Total Time:** 30 Min  
Serves 1

## Ingredients

1 apple, cored, peeled and cut into thin slices

4 egg whites, whisked a bit

cinnamon generous sprinkle

stevia 2-3 drops, liquid

## Instructions

- 1 Place apples in a microwavable dish, add a splash of water and cook in microwave for 5 minutes.
- 2 Stir in 2-3 drops of stevia and sprinkle generously with cinnamon. (or to taste)
- 3 Line a pie plate or 8x8 dish, with parchment paper.
- 4 Arrange apples on bottom of dish.
- 5 Pour egg whites over top and bake at 350 for 20 minutes, or till egg white is cooked.
- 6 Slide off of parchment paper and enjoy.
- 7 To make Mini-Bites, shred apples into egg whites, add stevia and cinnamon, and bake in mini muffin tins.

team victory / spray it away <http://sprayitaway.ca/>