

SERVES 8

Sugar-Free Apple Pancakes

(Gluten-Free, Low Carb, High Protein)

Isabellemckenzie.com | total time: 35 mins



INGREDIENTS

For the batter:

- 2/3 cup rolled oats
- 1/2 cup of grated apples
- 1/2 cup egg whites
- 1/2 cup cottage cheese or unsweetened vegan yogurt
- 1/4 cup applesauce
- 1 teaspoon baking powder
- 2 teaspoon cinnamon
- 1/2 tsp ground nutmeg
- 1 pinch salt
- 1 tsp pure vanilla *optional
- 1/2 tsp apple cider vinegar *optional
- 2-5 drops liquid pure stevia *optional

For the cinnamon apples:

- 1 diced apple, peeled and cored
- 1/2 tbsp coconut oil
- 1/2 tsp cinnamon more as needed
- Splash of cold water or apple juice/cider
- Pinch of salt *optional
- 2-5 drops liquid pure stevia *optional

INSTRUCTIONS

1. In a blender or food processor add in all your batter ingredients other than your grated apples and pulse or process until a quite smooth and thick batter forms. Fold in the grated apples.
2. On a low-medium heat, melt a slither of butter or use natural non-stick spray. When the pan is hot, using a quarter cup scoop at a time, pour batter onto a pan. You should make around 8 small pancakes. Cook each pancake until the edges of the pancakes are solid enough to place a spatula underneath and flip and cook for about one to two more minutes.
3. While your pancakes cook, make your cinnamon apples by adding diced apples and all the other cinnamon apples ingredients into a small saucepan. Cook over a medium heat, stirring frequently, until the apples are your desired tenderness. Serve pancakes with warm cinnamon apples, drizzle seed or nut butter or unsweetened cream.

NOTES: I use Granny Smith apples in this recipe and cooked them for about 5-7 minutes. Mine were soft and fork tender. To store the pancakes, use separate sealed storage containers and store in the fridge for up to 4 days.

If you give this recipe a go, don't forget to tag me on Instagram @itsisabellem and using hashtag #cookingwithisabelle

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