

Apple Flax Pancakes

1 cup flour
2/3 cup coarsely ground flaxseed
3 Tbsp sugar
1 Tbsp baking powder
½ tsp salt
¼ tsp cinnamon
Dash nutmeg
2 eggs, separated
1 ¼ cups milk
1 Tbsp olive oil
1 cup pared and shredded apple

In large bowl combine flour, ground flaxseed, sugar, baking powder, salt, cinnamon, and nutmeg. In a separate bowl, lightly beat together egg yolks, milk, and oil.

In another bowl, whip egg whites until stiff peaks form.

Add egg yolk mixture to dry ingredients and stir until just combined. Shred apples and add them to the batter. Fold in egg whites.

Preheat the griddle. Spray with nonstick cooking spray. Pour 1/3 cup batter for each pancake and cook until bubbles appear, about 1 minute. Flip and brown. Serve with sautéed apples and maple syrup or just a light dusting of powdered sugar.