

# Grampy's Apple Pancakes

with Locally Grown Apples

**FARM**   
**FRESH RI**

**Approx. 30 min | Serves 2 - 4**

## Preparation

1. Mix dry ingredients in a bowl and add in milk, vanilla and applesauce.
2. Mix to fully incorporate.
3. Add in the egg and apples
4. Heat pan to medium heat.
5. Pour 1/4 cup of batter onto heated pan and cook 3-4 minutes (or until golden brown) and flip.
6. Cook for another 2 minutes (or until golden brown).
7. Serve with a fruit topping of your choice or maple syrup.



## Ingredients

- 3/4 cup all purpose flour
- 3/4 cup whole wheat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1 1/2 cups milk
- 1 tsp vanilla
- 1/8 cup apple sauce
- 1 medium apple, grated
- 1 egg
- Pinch of salt

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Farm Fresh RI is a nonprofit growing a local food system that values the environment, health and quality of life of farmers and eaters.  
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