

Apple Cinnamon Pancakes with Maple and Brown Sugar

Reminiscent of classic oatmeal flavor combinations, these pancakes are filled with oats, fresh grated apples, cinnamon, and a touch of brown sugar. Serve them with maple syrup and you'll achieve breakfast nirvana: a single foodstuff with all the flavors you crave in a remarkably healthy, yet completely satisfying, package. Without, of course, any packaging whatsoever.

Makes 16 pancakes

1 cup rolled oats (quick or old-fashioned)
2/3 cup white whole wheat flour
1/2 cup all-purpose flour
3 tablespoons brown sugar
1-1/2 teaspoons baking soda
1/2 teaspoon salt
1-1/4 teaspoons cinnamon
2 eggs
1-3/4 cup reduced fat buttermilk
3 tablespoons canola oil
1 granny smith apple, cored and grated (leave the peel on)
Real maple syrup, for serving

Whisk together the first 7 ingredients (oats through cinnamon) in a large bowl.

In a medium bowl, whisk together the eggs, buttermilk, and canola oil.

Wrap the grated apple in 2 layers of paper towels and squeeze it over the bowl with the eggs so the apple juice runs directly into the egg mixture. Give the egg mixture a final whisk.

Add the wet ingredients to the dry ingredients and whisk gently until blended. Fold in the grated apple. Let batter sit for 5 minutes while your griddle heats over medium-high.

Scoop 1/4 cup batter onto greased griddle and cook pancakes 2 to 2-1/2 minutes, or until the underside is nicely browned. Flip and cook the reverse side 30 to 45 seconds longer.

Serve hot with maple syrup.