

Apple and Flax Pancakes

1 ¼ cups	all-purpose flour	300	mL
1/3 cup	flaxseed, coarsely ground	75	mL
3 tbsp.	granulated sugar	45	mL
1 tbsp.	baking powder	15	mL
½ tsp.	salt	2	mL
¼ tsp.	cinnamon	1	mL
	dash of nutmeg		
2	eggs, separated, whites beaten stiffly	2	
1 ¼ cups	2% milk	300	mL
3 tbsp.	butter, melted	45	mL
1 cup	pared and shredded apple (shred just prior to adding butter)	250	mL

- In a large bowl, combine flour, ground flax, sugar, baking powder, salt, cinnamon and nutmeg.
- In a medium bowl, lightly beat together egg yolks, milk and butter.
- Add liquid ingredients to the dry, stir until just combined.
- Shred apple, add to batter, stir until just combined.
- Fold in egg whites.
- Preheat griddle or heavy fry pan to medium heat. Lightly grease pan or spray with non-stick vegetable spray.
- Using a 1/3 cup (75 mL) measure, pour batter onto pan.
- Cook pancakes until bubbles appear on surface, about 1 minute.
- Turn over and brown other side.

Yield: 12 pancakes

Serving Size: 2 pancakes

Single Serving Nutrient Values

Calories	278
Protein	8.2 g
Carbohydrates	36.0 g
Fiber	2.8 g
Fat	11.7 g
Polyunsaturates	4.6 g
Monounsaturates	3.8 g
Saturates	2.5 g
Cholesterol	74.5 mg
Sodium	472 mg
Potassium	266 mg
Folate	44 mcg