

Walnut Apple Pancakes

These pancakes are so delicious, you practically don't even need maple syrup! They're every bit as healthy as they are delicious!

- (3)** 1 Egg
- (3)** 1 Cup Almond Milk
- (3)** 1 Cup Water
- (¹/₄)** 1/8 Tsp Pure Almond Extract
- (1)** 1/2 Tsp Pure Vanilla Extract
- (³/₄)** 1/4 Cup Plain (or Vanilla) Yogurt
- (3)** 1 Tbs Flax Seed Oil
- (¹/₃)** 1/8 Cup Wheat Germ
- (³/₄)** 1/4 Cup Oatmeal
- (³/₄)** 1/4 Tsp Baking Soda
- (¹/₂)** 1/2 Cup Walnuts (#2 Cone)
- (¹/₂)** 1/2 Granny Smith Apple (#2 Cone)
- (⁴/₂)** 1 1/2 Cups Aunt Jemima Whole Wheat Blend (Pancake Mix)
- (3)** 1 Tbs Coconut Flour
- (3)** 1 Stick of Butter

NOTE: The numbers in bolded parenthesis are for a triple recipe!

Mix all liquid ingredients in a medium-large size bowl. Add dry ingredients. If mixture is too thick, add some Water or Almond Milk until the consistency is to your liking. Place burner temperature at Medium heat. Pre-heat the Griddle about 3 minutes. Just before placing pancake mix onto Griddle, lightly run Butter Stick over surface. Pour pancake mix onto griddle. When bubbles appear (or when the bubble popping slows down a little), it's time to flip. It should have good body to it. About 1 minute on the other side ought to do it.