

## Apple Pie Pancakes

### Ingredients

- 3 apples, diced
- 1 banana, mashed
- 1/2 zucchini, grated
- 1/4 tsp ground cinnamon
- 1 cup light milk
- 1 cup wholemeal self-raising flour
- 5ml canola cooking spray
- 1 free range egg
- 1/2 cup quick oats
- 1 cup Greek-style yoghurt (to serve)



### Method

- Place apples, zucchini, cinnamon and 1/4 cup of water in a saucepan over medium heat. Cook for 10 minutes, stirring occasionally, or until apples soften.
- Meanwhile, combine flour, egg, banana, milk and oats in a bowl and whisk for 30 seconds until smooth.
- Heat a frying pan over medium heat. Lightly spray with oil. Add 2 tbs batter to pan. Spoon 1 tsp apple mixture onto the centre of pancake, then spoon 1 tbs batter over the top to cover apples. Cook for 2-3 minutes, then carefully flip and cook for a further 2 minutes or until golden. Repeat to use remaining batter and filling.
- Serve pancakes topped with leftover apple mixture and yoghurt.

<https://www.woolworths.com.au/shop/recipes/apple-pie-pancakes> accessed 2 August 2021