

ABC Pancakes

A is for apple, B is for banana, and C is for Carrot!

Ingredients:

1 cup (250 mL) all-purpose flour
1 cup (250 mL) whole wheat flour
3 tbsp (45 mL) brown sugar
1 tbsp (15 mL) baking powder
½ tsp (2 mL) ground cinnamon
¼ tsp (1 mL) ground ginger
2 eggs
2 cups (500 mL) buttermilk
1 tsp (5 mL) vanilla
3 tbsp melted butter or canola oil
1 large apple (core removed and grated)
1 or 2 bananas, cut into coins
1 large carrot (grated)
Butter for the griddle or skillet



Preheat your griddle or skillet on low heat.

In a large bowl, mix together both flours, the sugar, baking powder, cinnamon and ground ginger.

In a second bowl, whisk the eggs to break and beat. Add the buttermilk, melted butter (or canola oil) and vanilla and continue to mix together.

Pour the liquid mixture into the dry mixture along with the grated apple and carrots (save the bananas at this point). Stir until well combined.

Melt some butter on the skillet (or use canola oil). Use ¼ cup at a time to scoop out the batter onto the warm griddle. Cook until bubbles begin to appear on top (usually 2 minutes – if it is taking too long turn up the heat a little). Before you flip the pancakes add some banana slices to each pancake. (NOTE: you could also just sprinkle on top of the cooked pancakes if you don't want cooked bananas). Flip the pancakes over and cook until golden, about 2 more minutes. Remove to a plate or casserole with a lid to keep warm and continue to cook all the batter to create more pancakes.

Serve with maple syrup, or with more chopped apples and bananas, or with a sprinkle of chopped nuts!