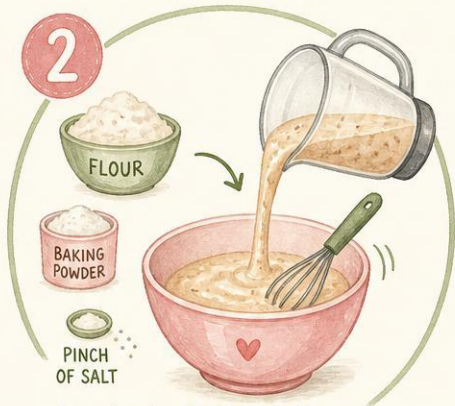


PANCAKES

apple date pancakes



Blend the apple, dates, oil, almond milk and vanilla.



In a bowl, add flour, baking powder and a pinch of salt. Pour in the apple mixture and whisk.



Spoon batter onto a non-stick pan over medium heat. Sprinkle with chocolate chips.



Flip when bubbles appear and cook until golden brown. Serve warm and enjoy!



APPLE DATE PANCAKES

For the grown-up: the written recipe

Makes about 12 small pancakes | Prep 10 min | Cook 10 min

Ingredients

- 1 apple, peeled and cut into chunks
- 6 pitted dates
- 1 cup (240 ml) almond milk (or any milk)
- 2 tbsp oil
- 1 tsp vanilla extract
- 1 1/2 cups (190 g) flour
- 2 tsp baking powder
- A pinch of salt
- Optional: chocolate chips

How to make it

- 1** Blend the apple, dates, milk, oil and vanilla until completely smooth.
- 2** In a bowl, whisk together the flour, baking powder and salt.
- 3** Pour the apple mixture into the dry ingredients and whisk to a thick batter. Let it rest 5 minutes.
- 4** Heat a non stick pan over medium heat with a little oil.
- 5** Spoon small rounds of batter into the pan and sprinkle with chocolate chips.
- 6** Flip when bubbles appear on top and cook 1-2 more minutes until golden. Serve warm.

Tip

No added sugar - the dates and apple do all the sweetening. Grown-up job: the stove.