

BAKED APPLE PANCAKE

3 eggs

270ml of milk

1 teaspoon apple cider vinegar

1 teaspoon vanilla essence

Pinch of sea salt

¼ teaspoon bicarbonate of soda

¾ cup almond meal (or plain flour)

¾ cup wholemeal flour

10g butter

1 large apples, peeled, cored and sliced thinly

1 teaspoon cinnamon, ground (plus extra over the apple base)

1 teaspoon caster sugar



Preheat your oven to 180. In an oven-proof pan (approx. 30cm) or non-stick baking dish, melt the butter so that it coats the base of the pan or dish well. Arrange the apples to cover the base of the pan in a single layer. Sprinkle a little cinnamon over the apples and caster sugar.

In a blender or food processor, combine the eggs, milk, vinegar, vanilla, cinnamon, sea salt, bicarbonate of soda, almond meal and flour. Mix until well combined.

Pour over the apple and bake in your preheated oven for 20 minutes or until the pancake is set in the middle.

Turn out onto a plate, slice into pieces and enjoy with your favourite topping.

Source: wellnourished.com.au