

CINNAMON APPLE EINKORN PANCAKES



TIME REQUIRED

Prep + Cook: 10 + 15 min

SERVING

4-6

STEPS

- Whisk dry ingredients.
- Mix milk, banana, apple, and vanilla; fold into dry ingredients.
- Cook pancakes on a nonstick skillet over medium heat until golden (~2–3 min per side).

INGREDIENTS

- 1 cup Einkorn flour
- 1 tsp baking powder
- ½ tsp cinnamon
- ¼ tsp salt
- 1 cup unsweetened almond milk
- 1 ripe banana, mashed
- 1 apple, grated
- 1 tsp vanilla extract

PS

Einkorn adds gentle sweetness and fiber; apples and banana naturally sweeten without spiking glucose.