



Pancakes with Pink Lady® apple and date filling

Makes 12 – 15 pancakes



Created by : Recipe adapted by Heleen Meyer from the Cooking from the heart recipe book series, developed by Pharma Dynamics.

Ingredients:

Apple and date filling

- ♥ 30 ml (2 tbsp) desiccated coconut
- ♥ 30 ml (2 tbsp) raw oats
- ♥ 60 ml (¼ cup) chopped raw almonds
- ♥ 30 ml (2 tbsp) chopped dates
- ♥ 5 ml (1 tsp) ground cinnamon
- ♥ pinch of ground cloves
- ♥ 4-6 (400-600 g) Pink Lady® apples with the skin, cut into thin wedges
- ♥ 15 ml (1 tbsp) soft butter
- ♥ 125 ml (½ cup) strong Rooibos tea
- ♥ 175 ml plain or Greek yoghurt Pinch of salt

Pancakes

- ♥ 250 ml (1 cup) stoneground wholewheat flour
- ♥ 2 ml salt
- ♥ 3 extra large egg, beaten
- ♥ 50 ml oil
- ♥ 325 ml milk
- ♥ 75 ml (5 tbsp) cold water
- ♥ oil for frying

Method:

1. Filling: Preheat the oven to 180 °C. Mix the coconut, oats, nuts, dates, and spices together until well combined.
2. Place apples in an oven dish, sprinkle coconut mixture over. Place knobs of butter on top and pour tea over. Bake for 15-20 minutes or until the apples are cooked – mix through once, if needed. Keep warm, if preferred.
3. Pancakes: Mix the flour and salt together in a glass bowl. Beat the eggs and oil together and whisk into the dry ingredients to form a smooth paste.
4. Beat the milk and water together and slowly add to the flour mixture. Beat well after each addition, to form a smooth batter. Don't add all the milk mixture at once as this will cause lumps to form.
5. Heat a 20 cm frying pan over medium heat and brush the base of the pan with a little oil. Pour about 60 ml of the batter into the pan and swirl to spread evenly.
6. Fry pancake until it sets on the top, pulls away from the edges and is golden brown underneath. Turn over and fry for another minute. Take care not overcook it – an overcooked pancake will be rubbery and tough. Repeat with the rest of the batter and add a little extra oil, if necessary.
7. Spoon the apple filling with some of the yoghurt onto the pancakes, roll up and enjoy as a sweet treat.

Chef's Tip :

Keep pancakes warm: Place pancakes on a large plate and cover with a lid or piece of foil. Place over a pot with gently simmering water, while frying the rest of the pancakes.

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