

Whole Wheat Pancakes with Applesauce

Start your day with these fluffy whole wheat pancakes made with applesauce for natural sweetness and moisture. Perfect for a nutritious breakfast!


20 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1/2 cup whole wheat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2 tbsp brown sugar
- 1 large egg
- 1/4 cup milk
- 1/4 cup unsweetened applesauce
- 1/2 tsp vanilla extract
- Vegetable oil for cooking

Steps

- 1 In a bowl, whisk together the whole wheat flour, baking powder, baking soda, and salt.
- 2 Mix in the brown sugar, breaking it into pea-sized pieces.
- 3 In a separate bowl, beat the egg and stir in the milk, applesauce, and vanilla extract.
- 4 Make a well in the center of the dry ingredients and pour in the milk mixture; stir until just combined. If the batter is too thick, add more milk as needed.
- 5 Grease a skillet or griddle with vegetable oil and heat over medium-high.
- 6 Scoop 2 tablespoons of batter onto the hot skillet and cook until browned on the bottom and bubbles appear on the top, about 2 to 3 minutes.
- 7 Flip the pancake and cook until browned on the other side, 2 to 3 more minutes.
- 8 Repeat with the remaining batter.