



## APPLE CHAI PANCAKES

### INGREDIENTS

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{2}$  cup whole wheat flour (or any whole grain flour you would like, oat flour works great)
- 1 tsp baking soda
- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{4}$  tsp salt
- $\frac{1}{2}$  cup chai tea concentrate (we like Oregon Chai)
- $\frac{1}{2}$  cup milk
- 2 Tbsp canola oil
- 1 egg, beaten
- $\frac{1}{2}$  cup apple, diced

### DIRECTIONS

1. In medium bowl stir together the flour, whole wheat flour, baking soda, baking powder and salt.
2. In a separate bowl mix the chai tea concentrate, milk, canola oil and egg.
3. Add the wet mixture to the flour mixture and stir just until mixed.
4. Fold in the apples.
5. Pour  $\frac{1}{4}$  cup of the batter onto a hot, slightly greased griddle.
6. Cook about 2 minutes (until golden brown) on each side over medium heat..

\*Use a decaffeinated chai tea concentrate if you need to avoid any caffeine intake. There are also lower sugar options available for a pancake that's not so sweet