

# APPLE CHAI PANCAKES

## List of ingredients

¾ cup all-purpose flour  
½ cup whole wheat flour (or any whole grain flour you would like, oat flour works great)  
1 tsp baking soda  
½ tsp baking powder  
¼ tsp salt  
1/2 cup chai tea concentrate (we like Oregon Chai)  
1/2 cup milk  
2 Tbsp canola oil  
1 egg, beaten  
½ cup apple, diced

**Directions** In medium bowl stir together the flour, whole wheat flour, baking soda, baking powder and salt. In a separate bowl mix the chai tea concentrate, milk, canola oil and egg. Add the wet mixture to the flour mixture and stir just until mixed. Fold in the apples. Pour ¼ cup of the batter onto a hot, slightly greased griddle. 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.