

IDUNN'S PANCAKES

EAT LIKE THE GODS

INGREDIENTS

2 cups of all-purpose flour
½ cup of quick cooking oats
2 apples peeled, cored and thinly slice
2 tablespoons of sugar or sugar substitute
2 teaspoons baking power
½ teaspoon baking soda
½ teaspoon salt

1 ½ cup of milk
2 eggs
1 tablespoon of vanilla
2 tablespoons of vegetable oil
Ground Cinnamon for dusting
Olive oil and unsalted butter for frying

METHOD

1. In a mixing bowl add your dry ingredients, mixing them well together. Create a well in the middle of the dry ingredients.
2. In a second bowl combine your wet ingredients: beating eggs, milk, vanilla and oil.
3. Pour the wet ingredients into the mixing bowl with the dry ingredients.
4. Mix the ingredients together. The batter will be lumpy from the quick cooking oats.
5. Allow the batter to rest for 5 minutes.
6. Peel and core your apple, slicing it into thin slices.
7. Heat up your skillet on medium heat. Place 1 teaspoon of olive oil and 1 pat of butter and oil your pan. Allow the butter to melt and mix with the olive oil.
8. Once the oil is hot and bubbly, spoon in ¼ cup of batter into the skillet.
9. Place thin slices of the apple into the batter.
10. Reduce heat to lower heat so that the butter does not burn. If the butter is too hot, it will brown or potentially burn your pancake.
11. Dust the visible layer of the now cooking pancake with a bit of cinnamon.
12. Allow the bottom to cook until golden brown. When the pancake batter is bubbly and the edges of the pancake are brown, flip it to the uncooked side.
13. Once both side have cooked, and are golden brown, remove the pancake from the pan, and place on a plate.
14. Repeat the above steps until all batter is used.
15. Serve with whipped cream, maple syrup or eat it without.

Welcome to Asgard!

Tips: if the pancake mix appears to runny, feel free to add a bit more flour to thicken it some (but do not just pour it in, instead try tablespoon by tablespoon approach).

If the batter is too thick, add additional milk.