

# Apple Almond Pancakes

## Ingredients

1/2 cup whole wheat flour  
1/2 cup unbleached flour  
1 tablespoon brown sugar  
1 1/2 teaspoons low-sodium baking powder  
1/4 teaspoon salt  
2 eggs, separated  
4 tablespoons oil  
1/2 cup buttermilk  
1/2 cup apple juice  
1/4 cup chopped almonds

## Method

Combine flours, sugar, baking powder and salt in a mixing bowl. In another bowl, beat egg yolks with oil, buttermilk and apple juice. Stir into flour mixture with nuts until all ingredients are just moistened, do not over mix. Beat egg whites until stiff and fold into batter. Spoon onto a hot, greased griddle and turn once when bubbles appear. Makes 8-10 pancakes.

## Note

Calories: 174, total fat: 11g, dietary fiber: 1g, protein: 5g, calcium: 9 percent