

Ukrainian Apple Pancakes



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Recipe makes: 10 to 12 pancakes (1 pancake per serving)

Preparation time: 15 minutes

Cook time: 30 minutes

Equipment: one set of measuring spoons, one set of measuring cups, one vegetable peeler, one knife, one cutting board, one small mixing bowl, two medium mixing bowls, one whisk or fork, one spoon, one rubber spatula, one strainer, one medium non-stick frying pan, one stove or hotplate, one large plate, paper towel, one spatula

What you need to make this recipe:

- 225 g ($\frac{1}{2}$ pound) of apples (about 1 to 2 medium apples), washed
- 2 eggs
- 1 cup fat-free plain Greek yogurt
- 1 cup all-purpose or whole wheat flour
- $\frac{1}{4}$ cup sugar
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 2 tablespoons canola oil
- Water

How to make Ukrainian Apple Pancakes:

1. Using a vegetable peeler, peel the apples.
2. Core and dice the peeled apples.
3. Put the diced apples in a small mixing bowl and cover with water.
4. Crack the eggs into a medium mixing bowl.
5. Add the yogurt to the eggs. Using a whisk or fork, whisk until combined.
6. Put the flour, sugar, cinnamon, and baking powder in a second medium mixing bowl. Using a spoon, mix until combined.
7. Add the egg mixture to the flour mixture. Using a rubber spatula, mix until well combined.
8. Using a strainer, drain the apples.
9. Add the apples to the pancake batter. Using the rubber spatula, fold the apples into the batter.
10. Put the oil in a medium non-stick frying pan. Put the pan on the stove or hotplate and turn the heat on to medium.
11. Put 1 to 2 pieces of clean paper towel on a large plate.
12. When the oil moves easily around the pan, drop $\frac{1}{3}$ cup of the pancake batter into the pan and spread into a circle about 1 cm ($\frac{1}{2}$ inches) thick using the back of a spoon.
13. Cook the pancake for 3 minutes. Then, using a spatula, flip the pancake and cook for another 3 minutes, or until it is golden brown on both sides.
14. Using a spatula, move the cooked pancake to the plate lined with paper towel.
15. Repeat Step 11, 12, and 13 until all the batter is used.
16. Serve the pancakes warm. They can be eaten on their own or served with sour cream or plain Greek yogurt.

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Nutrition Facts	
Per 1 serving (1 pancake)	
Calories	% Daily Value*
100	
Fat 3 g	4 %
Saturated 0.3 g	2 %
+ Trans 0 g	
Carbohydrate 18 g	
Fibre 1 g	4 %
Sugars 9 g	9 %
Protein 4 g	
Cholesterol 25 mg	
Sodium 15 mg	1 %
Potassium 125 mg	3 %
Calcium 50 mg	4 %
Iron 0.5	3 %
5% or less is a little , 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Moderate	

Allergy information:

Contains wheat, gluten, milk, and egg.

About this recipe:

In Ukraine, these apple pancakes were traditionally made between August and November, starting with the first apple harvest and ending with the last. Early ripening Paper apples are the first apples harvested in August, and Reinette apples are the last apples harvested in November.

These pancakes were usually made on weekends as a special breakfast. Traditionally, they are served hot with cold sour cream and cinnamon. They are also served with a cold apple kompot, a type of drink made from cooking apples and different spices in water.

Substitutions:

To make this recipe gluten-free, use all-purpose gluten-free flour.

To make this recipe milk-free, use a plant-based yogurt like unsweetened coconut yogurt.

Storage information:

The pancakes can be stored in an airtight container in the fridge for 1 to 2 days or in the freezer for up to 3 months.