

Pancakes (Oven Apple)

Source: Maybe Ann Schoelles

Ingredients

- ¼ cup flour, sifted
- ¼ tsp baking powder
- ⅛ tsp salt
- 3 eggs, separated
- ½ cup sugar
- ¼ cup + 1 tbsp milk
- ½ tsp vanilla
- 1½ cups diced apple
- ⅛ cup lemon juice
- ¼ cup butter
- 1 cup sour cream
- 3 tbsp powdered sugar
- 1 tsp vanilla

Method

Dice apples and pour lemon juice over them.

Sift together the flour, baking powder and salt. (⅓ c. wheat germ is optional).

Beat egg whites and ½ c sugar until stiff and foamy.

Beat milk, vanilla and 3 egg yolks.

Beat milk mixture into flour mixture.

Fold in whites and sugar mixture.

Gently fold in apples.

Melt butter in 10-12" frying pan or dutch oven. Pour dough in. Sprinkle with sugar and ½ tsp cinnamon.

Bake at 375 for 10-15 min. or until set and light brown.

Serve hot or cold with whipped cream or sour cream.