



**Nova Scotia
Apples**
Pick An Original



Apple Pancakes with Cider Sauce

- 1 1/2 cups all purpose flour
- 1 tbsp baking powder
- 1/2 tsp salt
- 3 tbsp sugar
- 1/4 tsp nutmeg
- 1/2 tsp baking soda
- 1 egg
- 3 tbsp butter, melted
- 1/4 tsp vanilla
- 1 cup 1% milk
- 1 cup grated apple (with or without peel)

Combine flour, baking powder, salt, sugar and nutmeg. In a separate bowl, dissolve baking soda in 1 tsp water. Add egg, butter, vanilla and milk. Combine both mixtures, stirring only until blended. Fold in grated apple. Bake on a hot, lightly greased griddle. When top of pancakes are full of holes, turn over to brown the other side.

Cider Sauce

- 1 apple, peeled and diced
- 2 cups apple cider
- 2 tbsp cornstarch
- pinch of salt
- pinch of nutmeg

Blend cider and cornstarch together in medium saucepan until no lumps remain. Add apple, salt and nutmeg. Cook over medium heat, stirring constantly, until sauce thickens. Serve hot over pancakes.

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