Breakfast, Indian

Cinnamon Apple Stuffed Pancakes

Soft whole wheat pancakes folded around warm apple wedges simmered with a dalchini (cinnamon) stick, lemon juice and a sugar substitute. A fruity, spiced treat that comes together in about 30 minutes.



Vegetarian | Nut free

30 min	89	18.9 g	0.9 g
time	calories	carbs	sugars

Ingredients, 7 servings

- [ ] 3/4 cup whole wheat flour (gehun ka atta)
- [ ] a pinch of salt (namak)
- [ ] melted butter
- [ ] 28 apple wedge , unpeeled
- [ ] 1 small stick dalchini (cinnamon)
- [ ] 1 tsp lemon juice
- [ ] 2 tsp sugar substitute

Method

- [ ] **1** Tip the unpeeled apple wedges into a broad non-stick pan together with 1 small stick dalchini (cinnamon), 1 tsp lemon juice and 2 tbsp of water, and stir gently to combine. Clap on a lid and let everything cook on a medium flame for 4 minutes, giving the pan an occasional toss.
- [ ] **2** Take the pan off the flame, sprinkle in the 2 tsp sugar substitute and give it a gentle toss, then set the apples aside.
- [ ] **3** For the batter, whisk 3/4 cup whole wheat flour (gehun ka atta) with a pinch of salt (namak) and 1¼ cups of water in a deep bowl until well blended. Keep this mixture aside.
- [ ] **4** Set a non-stick tava (griddle) on the heat and brush it with a little melted butter.
- [ ] **5** Ladle ¼ cup of the batter onto the hot tava and let it cook, using only a little more melted butter, until the surface turns light brown in colour.
- [ ] **6** Flip the pancake over and let the second side cook as well.
- [ ] **7** Work through the remaining batter in the same way to get 6 more pancakes, then keep them aside.
- [ ] **8** Lay a pancake on a clean, dry surface, arrange 4 of the cooked apple wedges along one half of it and fold the pancake over into a semi-circle.
- [ ] **9** Stuff the remaining 6 pancakes in the same fashion with the cooked apples.
- [ ] **10** Serve straight away.

Nutrition Facts

Per serving

Calories	**89**
Total fat	0.9 g
Saturated fat	Not listed
Sodium	24 mg
Total carbs	18.9 g
Fiber	3.8 g
Total sugars	0.9 g
Protein	1.8 g

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