

Apple Pancakes

1 cup + 1 tablespoon (250 g) cottage cheese

2 tablespoons orange juice

2 large eggs

2 tbsp sugar

2 medium apples, peeled, cored and quartered

1 1/4 cups (150 grams) flour

1 tsp baking powder

1/4 teaspoon salt

Spray oil or regular oil

Powdered sugar or maple syrup to serve.

Directions:

Take a blender and place cottage cheese, orange juice, eggs and sugar in container. Blend smooth. Add prepared apples and blend smooth. Add flour, baking powder and salt and pulse blend till a smooth consistency, scraping sides down with spatula if need be. Take a non-stick (no other kind) frying pan and wipe with (or spray) oil and then wipe it off. Heat pan and then lower to medium low. Pour about 1/4 cup batter into pan and cook 2-3 minutes or till a few bubbles form on edges of pancake. Carefully flip, pancake should be golden brown. Cook an additional 2-3 minutes or till pancake is cooked through without mushy texture and bottom is golden brown (peek at bottom using spatula). Remove to plate. Serve sprinkled with powdered sugar or maple syrup.