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Pumpkin Pancakes with Caramelized Apples

Yield: 24 pancakes

Time: 30 minutes

For the pancakes:

3 cups cake flour
¼ cup sugar
1 heaping tbsp. baking powder
1½ tsp. cinnamon
1 tsp. ground ginger
½ tsp. salt
2 cups skim milk
2 eggs
¾ cup canned pumpkin puree
2 tsp. vanilla extract
4 tbsp. melted butter

For the apples:

2 apples, thinly sliced
2 tsp. cinnamon
1 tsp. ground ginger
2 tbsp. light corn syrup
2 tbsp. heavy cream
2 tbsp. brown sugar



1. In a medium mixing bowl, mix together the cake flour, sugar, baking powder, cinnamon, ginger, and salt.
2. In a large mixing bowl, whisk together the 2 cups of milk and eggs. Stir in the canned pumpkin, vanilla, and melted butter. Gently beat the dry ingredients into the wet ingredients, whisking out any lumps. Cook the pancakes over medium-low heat on a greased skillet until cooked through, roughly 3 minutes per side.
3. Meanwhile, prepare the caramelized apples: Toss the apple slices with the brown sugar, cinnamon and ginger. Place in a lightly greased medium sauté pan and cook over medium-low heat until slightly tender, about 10 minutes. Whisk together the corn syrup and heavy cream, then pour over the apples. Simmer over medium heat for another 3-5 minutes. Turn heat to low and stir occasionally until ready to serve over pumpkin pancakes.