



## **Caramelized Apple Pancakes**

### **Filling Ingredients**

90g butter

1 ½ tbsp brown sugar

4 large apples, peeled, cored and finely sliced.

### **Method to make the filling**

1. Melt the butter and the sugar in a frying pan, then add the apples and cook gently until just soft.
2. Set aside to cool.

### **Pancakes Ingredients**

1 packet of Orgran Buckwheat Pancake Mix

450ml of water

3 tbsp of oil

### **Method to make the pancakes**

1. Combine all the ingredients in a bowl and stir into a smooth batter.
2. Heat 20cm frying pan and spray, pour approximately ½ cup of batter over the base and cook over a gentle heat, until bubbles appear and burst.
3. Carefully turn the pancake over and cook on the other side.
4. Transfer to a plate and continue to cook, with the remaining batter, if the batter thickens, then stir in a little more water.

### **Topping**

300ml sour cream

2/3 cup of brown sugar

Combine

### **Method of Assembling the Pancakes**

1. Top each pancake with caramelized apples.
2. Roll up and lay side by side in a shallow baking dish.
3. Top with the sour cream and bake in a moderate oven until the cream melts over the pancakes and is slightly golden.
4. Serve warm.