



# Friday Facts

October 1, 2021

## An Apple a Day

When it comes to fall fruits, apples can find their way onto both sweet and savory menus. Not only are they tasty, but they are good for your health. They have been linked to a lower risk of heart disease and Type 2 diabetes, and they promote good gut bacteria. So dabble with apples in your fall cooking!

Food blog Lemons & Zest shares a recipe for oatmeal pancakes that are easy to make and easy to store in the freezer for up to two months.



### Apple Cinnamon Oatmeal Pancakes

#### Ingredients

2 cups rolled oats (or 1-1/2 cups oat flour)  
1 egg  
1 cup milk of choice  
1 apple (Gala or Fuji, cored, chopped)  
1/2 Tbsp. cinnamon  
1 tsp. vanilla extract  
1 tsp. baking powder  
1 tsp. apple cider vinegar  
1 Tbsp. pure maple syrup  
1 Tbsp. oil (canola or melted coconut oil)  
1/8 tsp. sea salt

#### Directions

1. In a food processor or high-powered blender, process the oats until a flour consistency.
2. Transfer flour to a mixing bowl.
3. In a blender, add all other ingredients and blend until smooth and combined.
4. Add the flour to the mixture and pulse or mix to combine. (Could also do this in a bowl and mixing by hand.) If the batter seems too thick, add more milk one tablespoon at a time until desired consistency.
5. Pour desired amount for each pancake over a griddle or pan at about medium to medium high heat.
6. Heat until bubbles form all around the edges of the pancakes, then flip.
7. Cook to desired golden brown.
8. Add your favorite toppings.

**Note:** You can also grate or small-dice extra apples and add them to the batter. Chopped pecans or nuts are also great.

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