

# SUNDAY BRUNCH

## RECIPES & GROCERY LIST



### Apple Pie Pancakes

*Easy Peasy Bagel, Pancake & Waffle Mix  
Apple Pie Spice*

### Whipped Cinnamon Butter

*Cinnamon*

### Sautéed Apples

*Apple Pie Spice*

*Serve with bacon, sausages,  
fresh fruit, dark chocolate,  
and honey or maple syrup.*

Are you ready to ditch those Sunday Scaries? Embrace that weekend state of mind with Apple Pie Pancakes showered in Sautéed Apples and Whipped Cinnamon Butter. Your kids are going to love the taste of apple and cinnamon. Not to mention, your friends will be gob smacked with how easily you whip up a gluten-free friendly batch. Make no mistake—you are at risk of turning this Sunday brunch into a weekly tradition!

# GROCERY LIST

## EPICURE PRODUCTS

- Apple Pie Spice** (Easy Peasy Apple Pie Pancakes & Sautéed Apples)
- Easy Peasy Bagel, Pancake & Waffle Mix** (Easy Peasy Apple Pie Pancakes)
- Ground Cinnamon** (Whipped Butter)

## PRODUCE

- 2 large apples** (Sautéed Apples)

## PANTRY STAPLES

- 2 tbsp oil** (Easy Peasy Apple Pie Pancakes)

## PROTEIN

- 2 eggs** (Easy Peasy Apple Pie Pancakes)

## DAIRY

- 1½ cups milk**, your choice (Easy Peasy Apple Pie Pancakes)
- ½ cup + 3 tbsp butter**, preferably unsalted
  - ½ cup (Whipped Butter)
  - 2 tbsp (Easy Peasy Apple Pie Pancakes)  
*Swap: oil for frying*
  - 1 tbsp (Sautéed Apples) | *Swap: coconut oil*

*Tip: Make sure to have maple syrup, fresh berries, chopped fruit, and yogurt on hand to top pancakes (see recipe for details).*



# APPLE PIE PANCAKES



**TIP:** Use melted coconut oil for easy frying and great flavour.



**TOTAL TIME:** 20 min



**6 SERVINGS**



**\$1.99 CA/\$1.69 US PER SERVING**

## INGREDIENTS

2 cups **Easy Peasy Bagel, Pancake & Waffle Mix**

1–2 tsp **Apple Pie Spice**

2 eggs

1½ cups milk, your choice

2 tbsp oil

2 tbsp melted butter or oil for frying

**Toppings** (optional): maple syrup, fresh berries or chopped fruit and **Summer Berry Sweet Dip**.

## NUTRITIONAL INFO

**Per serving (2 pancakes):** Calories 300, Fat 11 g (Saturated 4 g, Trans 0.2 g), Cholesterol 75 mg, Sodium 460 mg, Carbohydrate 42 g (Fiber 3 g, Sugars 4 g), Protein 7 g

## INSTRUCTIONS

1. In a bowl, whisk together mix and spice. In a separate bowl, gently beat eggs. Add eggs, milk and oil to large bowl; stir just until mixed.
2. Heat a large non-stick fry pan or griddle over medium heat; lightly brush with melted butter or oil.
3. Working in batches, pour batter, scant ¼ cup at a time, into pan (don't crowd pan or it will be too tricky to flip them!).
4. Cook until bubbles appear on top, about 3 min. Flip and cook until bottoms are golden brown, about 1–2 more min. Transfer to a **Sheet Pan** lined with two **Cooling Racks**; keep warm in preheated 250° F oven until ready to serve.

**Whipped Cinnamon Butter:** In a bowl, combine ½ cup unsalted butter (room temperature) and 1 tsp **Ground Cinnamon**. Using an electric mixer, whip on medium speed until light and fluffy.

**Sautéed Apples:** Cut 2 large apples into small cubes; place in **Wok**. Add 1 tbsp unsalted butter or coconut oil. As the butter or oil melts, stir to coat apples. Sauté over medium heat until soft. Sprinkle in 1 tsp **Apple Pie Spice**. Stir to combine.