



Pink Lady® Apple pie pancake taco's

Nothing quite like these apple pie tacos – perfect for Taco Tuesday, with a spin!

Serves 4 – 6



Created by:
Mariza Ebersohn
@lifeinthesouth.co

Ingredients:

- ♥ 3/4 cup nutty wheat or whole wheat flour of choice
- ♥ 3/4 cup cake flour
- ♥ 1 1/2 tsp baking powder
- ♥ 1 tsp baking soda
- ♥ pinch of salt
- ♥ 1 1/4 cup plant-based milk (I used soy)
- ♥ 1 tbsp apple cider vinegar
- ♥ 1/4 cup melted coconut oil
- ♥ 2 tbsp liquid sweetener like agave, golden syrup etc.
- ♥ 1 tsp vanilla extract

Apple pie filling

- ♥ 3 medium Pink Lady® apples washed and cubed
- ♥ 1 tbsp coconut oil
- ♥ 1/3 cup treacle sugar or coconut sugar
- ♥ 1 tsp ground cinnamon
- ♥ pinch of salt

Extras:

- ♥ Pecans
- ♥ Whipped coconut cream

Method:

1. Place the nutty wheat in a bowl and sift in the cake flour, add in the baking powder, baking soda and the salt.
2. In another bowl mix together the milk, apple cider vinegar, melted coconut oil, sweetener and the vanilla.
3. Let it curdle for 5 minutes before adding into the flour mixture, mix well until there are no lumps.
4. Let the batter sit for another five minutes before heating up 1 tsp coconut oil in a pan.
5. Add 2-3 dollops of the batter to make a big pancake and fry for 3-5 minutes on each side until bubbles start to form and the pancake starts to brown.
6. Once the pancakes are done, start by adding another dollop of coconut oil to the warm pan, add in the diced Pink Lady® apple and fry for three minutes or so before adding in the sugar, pinch of salt and the cinnamon.
7. Fry a few minutes more until caramelised, remove from the heat and serve with the pancake formed like tacos, add dollops chilled coconut cream, pecans and extra sugar on top.

