



Corn-Apple Cakes

NIBBLEDISH CONTRIBUTOR

Ingredients

1 cup cornmeal
1/2 cup all-purpose flour (whole wheat or white rice flour for a gluten-free)
1 cup grated apples
1 cup apple juice
1 tbsp honey
1 tsp unsweetened applesauce
1/2 tsp ground cinnamon

Instructions

In a large mixing bowl combine the flours with the cinnamon. In another mixing bowl combine the applesauce with the apple juice, add the honey, stir in the flour mixture. Add the grated apples.

Heat a non stick skillet. Using a napkin grease the skillet with a little butter. Drop batter by tablespoonfuls onto the greased skillet. Flat the cakes with the back of the spoon. Cook on a medium low heat about 2-3 minutes. Turn the cakes and cook 2-3 more minutes or until golden brown in color and crispy. Grease the skillet every time before you drop the new cakes. Spread with honey and serve warm.