

Baked Deep-Dish Apple Pancake

Makes: One 8- to 9-inch (20 to 23cm) pancake; serves 6 to 8

Time: 10 minutes to prep, 30 to 35 minutes to bake

This baked pancake tastes like dessert, but it's substantial and healthy enough to serve as breakfast. Bonus: The leftovers can be wrapped in parchment and eaten midway through a workout. This is one of the sweetest recipes in the book, so if your apples are on the sweeter side, you might want to scale back on sugar and maple syrup.

Oil-free option (OFO), soy-free (XS), carb loading (CL)

4 tart apples (such as Gala, Honeycrisp, or Granny Smith), peeled, cored, and thinly sliced

¼ cup (30 g) chopped walnuts or pecans, optional

1 teaspoon ground cinnamon

1½ cups (225 g) whole wheat flour

2 teaspoons baking powder

¼ teaspoon plus 1/8 teaspoon salt

1 cup (240 ml) light or full-fat coconut milk

2 tablespoons maple syrup

1 tablespoon plus 1 teaspoon fresh lemon juice

1 teaspoon vanilla extract

¼ cup (35 g) unpacked dark brown sugar or coconut sugar

1 tablespoon coconut oil (OF: omit)

1. Preheat the oven to 375°F (190°C). Place a deep cast-iron skillet over medium heat. Once it's warm, add the apples, ½ teaspoon cinnamon, and walnuts, if using, in a single layer. Let the apples cook while you prepare the batter.
2. Combine the flour, baking powder, ¼ teaspoon salt, and remaining ½ teaspoon cinnamon in a medium bowl. In a separate bowl, stir the coconut milk, maple syrup, 1 tablespoon lemon juice, and vanilla together, then pour into the dry ingredients and whisk until just combined.
3. Sprinkle the sugar, remaining 1 teaspoon lemon juice, and remaining 1/8 teaspoon salt over the apples. Remove from the heat, and add the coconut oil to the pan, focusing on the perimeter of the apples. (OF: Be sure to use a well-seasoned pan.)
4. Pour the batter on top and bake for 30 to 35 minutes, until the pancake is cooked through and golden brown. Slice into wedges, scoop onto plates, and serve.

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