

These pancakes and the accompanying syrup will make you think you're having apple pie for breakfast.

#### Apple Pecan Pancakes with Apple Spice Syrup

1 cup (250 ml) all-purpose flour  
2 Tbs (30 ml) brown sugar  
2 tsp (10 ml) baking powder  
1/2 tsp (2 ml) salt  
1/2 tsp (2 ml) ground cinnamon  
3/4 cup (180 ml) plus 2 Tbs (30 ml) milk  
2 eggs, separated, whites stiffly beaten  
1 tsp (5 ml) vanilla extract  
1/2 cup (125 ml) peeled and finely chopped apple  
1/2 cup (125 ml) finely chopped pecans

Combine the flour, brown sugar, baking powder, salt, and cinnamon in a mixing bowl. Stir in the milk, egg yolks, and vanilla. Fold in the apple, pecans, and beaten egg whites. Using a 1/4 cup (60 ml) measure, drop onto a hot, lightly greased griddle or skillet. Turn when bubbles form on the surface and the edges are golden brown. Serve with apple spice syrup (recipe below). Makes 12 pancakes.

#### Apple Spice Syrup

1/4 cup (60 ml) packed brown sugar  
2 Tbs (30 ml) cornstarch (cornflour)  
1/4 tsp (1 ml) ground allspice  
1/4 tsp (1 ml) ground cinnamon  
1/4 tsp (1 ml) ground nutmeg  
2 cups (500 ml) apple juice or cider

Combine the brown sugar, cornstarch, and spices in a saucepan and mix well. Add the juice and stir over moderate heat until the syrup boils and is slightly thickened. Cool slightly before serving. Makes 2 cups (500 ml).

Bon appetit from the Chef at World Wide Recipes