



German Apple-Oat Streusel Pancakes + Cinnamon Apple Streusel Smoothies

By Erin Fletter

Prep Time 25 / **Cook Time** 12 / **Serves** 4 - 6

Shopping List

FRESH

2 Granny Smith apples

2 medium bananas

DAIRY AND EGGS

2 eggs **** (see allergy subs below) ****

3 C milk **** (see allergy subs below) ****

1/4 C butter **** (see allergy subs below) ****

PANTRY

2 C all-purpose flour **** (see allergy subs below) ****

1 1/2 tsp baking powder

2 1/2 tsp pure vanilla extract **** (see allergy subs below) ****

3/4 tsp ground cinnamon

honey, agave syrup, or maple syrup for drizzling on pancakes, optional

1/2 C brown sugar

1/2 C oats **** (see allergy subs below) ****

3 T honey or sugar (or 1 1/2 tsp stevia)

HAVE ON HAND

- 1 C ice

Fun-Da-Mentals Kitchen Skills

beat: to vigorously mix ingredients with a whisk, spoon, fork, or mixer.

chop: to cut something into small, rough pieces using a blade.

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

spoon: to pick up and move food with a spoon from one place to another.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- Blender (or pitcher + immersion blender)
- Cutting board
- Kid-safe knife
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons
- Nonstick skillet
- Heat-resistant spatula or pancake turner
- Large mixing bowl
- Whisk
- Wooden spoon
- Metal fork (optional)

Ingredients

German Apple-Oat Streusel Pancakes

Pancakes:

1 large Granny Smith apple

1 1/2 C all-purpose flour **** (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****

1 1/2 tsp baking powder

2 eggs **** (for EGG ALLERGY sub 2 T ground flaxseeds + 6 T warm water—more info below)****

1 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk OR apple juice)****

2 tsp pure vanilla extract **** (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****

1/4 tsp ground cinnamon

honey, agave syrup, or maple syrup for drizzling on pancakes, optional

Streusel topping:

1/4 C cold butter **** (for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance brand)****

1/3 C all-purpose flour **** (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****

1/2 C brown sugar

1/3 C oats **** (for CELIAC sub certified gluten-free oats)****

1/4 tsp ground cinnamon

Cinnamon Apple Streusel Smoothies

2 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk OR apple juice)****

1/8 C oats **** (for CELIAC sub certified gluten-free oats)****

2 medium bananas

3 T honey or sugar (or 1 1/2 tsp stevia)

1 Granny Smith apple

1/2 tsp pure vanilla extract **** (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****

1 dash ground cinnamon

1 C ice

Food Allergen Substitutions

German Apple-Oat Streusel Pancakes

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Egg: For 2 eggs, substitute 2 T ground flaxseeds + 6 T warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

Dairy: Substitute dairy-free/nut-free milk OR apple juice for milk. Substitute dairy-free/nut-free butter, like Earth Balance brand.

Celiac: Substitute certified gluten-free oats.

Cinnamon Apple Streusel Smoothies

Dairy: Substitute dairy-free/nut-free milk OR apple juice for milk.

Celiac: Substitute certified gluten-free oats.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

German Apple-Oat Streusel Pancakes

intro

"Hallo" (HAH-low) or "Hello" in German! Start the recipe by pronouncing "streusel" together 3 times fast (STROO-sel)!

grate + chop

Have your kids grate or chop up **1 Granny Smith apple** into very fine bits and set them to the side.

crack + beat

Begin preparing the pancake batter by cracking and beat **2 eggs** in a large mixing bowl.

measure + whisk

To the bowl with the eggs, kids can measure and add **1 1/2 cups flour, 1 1/2 teaspoons baking powder, 1 cup milk, 2 teaspoons vanilla extract,** and **1/4 teaspoon cinnamon.** Whisk until smooth. Then, stir in the grated or chopped apple.

blend + crumb + toast

Streusel time! Have kids combine **1/4 cup cold butter, 1/3 cup flour, 1/2 cup brown sugar, 1/3 cup oats,** and **1/4 teaspoon cinnamon** into a bowl and blend with a fork or your clean fingers until coarse

crumbs. Reserve 1/4 cup of the raw streusel topping to add to your pancakes while they cook. Toast the remaining streusel topping by itself in your nonstick skillet for 3 to 6 minutes on low heat, stirring with a wooden spoon. Remove the toasted streusel from your skillet and set it to the side.

sprinkle + flip

Heat your skillet over medium heat. For mini-pancakes, ladle 2 to 4 tablespoons of batter onto your skillet per pancake and cook for 1 minute before sprinkling the top with a little of the untoasted streusel. Cook pancakes 2 to 3 minutes on the first side, until golden brown, then flip and cook another 2 to 3 minutes on the second side. The streusel will have started to cook into the top of the pancakes, so it shouldn't fall off during the flip. Divide the untoasted streusel evenly among the pancakes.

spoon + serve

Spoon the reserved toasted streusel onto the top of the pancakes. Serve warm with maple syrup, honey, agave, or other syrup of your choice and eat immediately. Don't forget to exclaim, "Das war köstlich" (Dahs var kust-leekh) or "That was delicious" in German!

Cinnamon Apple Streusel Smoothies

chop + add

Have kids chop up **1 Granny Smith apple** and **2 medium bananas** and add them to your blender.

measure + blend

Then, they can measure and add **2 cups milk**, **2 tablespoons oats**, **3 tablespoons honey**, **1/2 teaspoon vanilla extract**, **1 dash of cinnamon**, and **1 cup of ice** to the blender on top of the fruit. Blend until smooth and creamy. Drink and enjoy! "Prost" (Prohst) or "Cheers" in German!

Featured Ingredient: Apples!

Hi! I'm Apple!

"I'm delighted to be part of your recipe! Not only does "an apple a day keep the doctor away," but I'm also versatile and delicious in both sweet and savory dishes, like pies, cakes, breads, salads, and casseroles, and added to vegetables and roasted meats. Not to brag, but I have a fabulous, round(ish) figure and come in several colors and varieties of sweet and tart flavors!"

History

Here's a story about the Granny Smith apple that is long but cute: In the year 1868, near Sydney, Australia, a grandma named Marie Smith had been testing different types of French crabapples for cooking, and she ended up throwing the used apple cores out her window as she worked. Granny Smith saw that a new apple tree (or cultivar) had sprung up below her kitchen windowsill. She cultivated the tree and found

that the apples it produced were good for cooking and eating. They were tart, sweet, and crisp. Grandma Marie Smith took a stall at a farmer's market in Sydney, where her apples stored exceptionally well and became very popular. She sold her apples once a week and called them Granny Smith's Apples. Smart (and enterprising) fruit merchants in the 1890s and 1900s experimented with methods to transport the Granny Smith apples overseas in cold storage. Because of its excellent shelf life, they could export the Granny Smith apple long distances and most times of the year. Since growing fruit from the seeds of the Granny Smith apple produces trees with fruit that isn't as good as the original, grafting or cuttings are required instead. All Granny Smith apples grown today are from grafts of Grandma Marie Smith's original tree in Sydney.

Apple trees were domesticated thousands of years ago. A wild apple native to the mountains of southern Kazakhstan in Central Asia is considered the ancestor of most domestic apple varieties.

Worldwide, 7,500 varieties of apples are grown! If just 12 kids were growing that many, each of them would end up with 625 different kinds!

Apples are victims of (or blessed by, depending on how you look at it) their own genetic creativity. An apple from a tree grown from a seed will be nothing like its parents. And because of this, historically, thousands upon thousands of varieties of apples have come into existence. Apples have evolved to adapt to all environments. They can be grown all over the world. Now, the number of apple varieties is much more narrow due to farming practices and consumers' desire for the "perfect red apple." The only way to ensure genetic repeats of apples is to "graft" the trees.

Grafting apple trees involves combining a bottom rootstock of one tree to the scion, or budding branch, of another tree to grow a new successful apple tree.

Anatomy & Etymology

Apples come in all shades of reds, greens, and yellows. They are members of the Rose family. Other members include strawberries, pears, plums, peaches, and raspberries.

Every spring, apple trees bloom or flower. At the bottom and inside each blossom is an ovule. Inside the ovule are the seeds that will eventually turn into an apple! It takes about 4 to 5 months from the time the blossoms are pollinated for the apples to be ready to pick.

New apple trees take four to five years to produce their first fruit!

A raw apple can contain 86 percent water!

If you put an apple in water, do you think it will sink or float? It will float! That's because about 25 percent of an apple's volume is air. And that's why you can play a game of "bobbing for apples" at Halloween parties!

An apple tree can grow to more than forty feet and live over a hundred years!

A Japanese farmer picked the heaviest apple on record in 2005. It weighed 4.1 pounds!

The word "apple" came from the Old English "æppel," which is Germanic in origin. Until the 17th century, "apple" could refer generically to any nut or fruit other than berries.

How to Pick, Buy, & Eat

August marks the beginning of apple season. Apple season peaks in September—some of the most delicious apple varieties are available then: the Honeycrisp (our fave!), Cortland, Macintosh, and Gala. October apples are perfect for baking.

Apples are picked by hand when it's time to harvest them. Choose apples that have smooth skin and are free from blemishes. They should feel heavy for their size and feel firm. Then, give it a sniff—fresh apples smell almost floral-like and super pleasant.

It is so fun to go to an orchard in the fall and pick apples for yourself. Of course, apples are available year-round in most grocery stores and are most affordable during the months when they're in season (August through October).

Farmers often use honeybees to pollinate apple trees.

You can eat apples in so many ways. Try dicing half an apple and adding it to a spinach salad with walnuts or pecans, red onion, and goat cheese. Stuff and bake them for a cozy autumn treat. You can juice, blend, or grind apples to make juice, cider, or smoothies. Slice, chop, or mash them and add them to a variety of apple treats: pie, strudel, cake, donuts, tortes, turnovers, dumplings, galettes, fritters, muffins, and crisps or crumbles. You can thinly slice and dehydrate apples to make chips or cook and mash them to make applesauce, adding a dash of cinnamon for extra flavor. Apple marries beautifully with a ton of different sweet AND savory foods like fennel, cheddar, caramel, cinnamon, butternut squash, rooibos, sauerkraut, and sausage.

Nutrition

"An Apple a Day Keeps the Doctor Away." This saying originated because people believed fruits were important to a nutritious diet. A 2015 study found that people who ate an apple a day took fewer prescriptions.

Red Delicious and Fuji apples contain the most polyphenols, micronutrients found naturally in plants with antioxidant and anti-inflammatory properties. They can help prevent heart disease, control blood sugar, lower cancer risk, and help your immune system function properly. More polyphenols are found in an apple's peel than its flesh, so be sure to eat the peel, which will also add to your fiber intake!

Isn't it amazing to think that our bodies are hard at work keeping us strong and healthy while we go about our daily activities? Think of it: just now, your body is pumping blood through your veins and arteries, delivering nutrients to your cells to create energy, building proteins to protect you from getting sick, and so much more. That's why it's so important to eat nutritious foods, like apples!