

Apple Pie Pancakes

Ingredients:

1/2 cup + 1-2 tbsp unsweetened almond milk
1/3 cup unsweetened applesauce
1 cup wholegrain gluten-free oat flour
2 tbsp coconut sugar
1/2 tsp ground cinnamon
1/4 tsp ground cardamom
1/8 tsp of ground nutmeg
1 tsp baking powder
2-3 tbsp maple syrup, for drizzling

For the Spiced Apples:

2 red apples, diced
1 tbsp lemon juice
1/2 tsp cinnamon
1/4 tsp ground cardamom
2 tbsp coconut sugar
2 tsp water

Directions:

In a small bowl or jug, combine the almond milk and applesauce. Mix well and set aside. Add the oat flour, coconut sugar, ground cinnamon, ground cardamom, ground nutmeg and baking powder to a medium-sized bowl and whisk to combine. Pour the apple sauce mixture into the flour and stir until you get an even batter. Add 1-2 tbsp more almond milk if needed - the batter should be thick but pourable. Set aside.

To make the spiced apples, combine the diced apples, lemon juice, ground cinnamon, ground cardamom, coconut sugar and water in a small saucepan and bring to a simmer. Cook, uncovered, for 5-10 minutes, until the apples are cooked through.

While the apples are cooking, place a non-stick crepe or regular pan on medium-high heat and add a couple spoonfuls of pancake batter. Cook for 2-3 minutes on each side, until browned underneath, then flip. Repeat with rest of the batter.

Serve the pancakes immediately with spiced apples and a drizzle of maple syrup.

Serves 2