

WHOLEMEAL PANCKES

vegan, dairy free

10 serves



INGREDIENTS

- 2 chia eggs
- 1 1/2 cup nut milk
- 1 tsp vanilla
- 6 Tbs unsweetened applesauce
- 2 Tbs maple syrup
- 1 cup plain flour
- 1 cup wholemeal flour
- 2 Tbs almond meal
- 2 Tbs coconut flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 6 Tbs coconut sugar
- 1 cup frozen raspberries
- 1/2 cup water
- 2 TBsp chia seeds

METHOD

step 1

For the chia egg, mix the chia with the water and leave for 15 mins for it to turn jelly-like.

step 2

Mix the first 5 wet ingredients together in a jug.

step 3

Mix all the other dry ingredients together and when blended, pour the wet ingredients in and mix well.

step 4

Using a 1/4-cup measuring cup, scoop batter onto the warm frying pan, leaving a couple of cm around each pancake for expansion. Cook until small bubbles form on the surface of the pancakes, 2 to 3 minutes. Flip the pancakes, then cook until lightly golden on both sides, 1 to 2 minutes more. Repeat the process with the remaining batter, adding more oil and adjusting the heat as necessary.

step 5

Serve the pancakes with fresh fruit, maple syrup and coconut yoghurt - enjoy!

