

Apple Spice Pancakes

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1-1/2 cups spelt or red fife flour (oat flour-see note*)
- 1-1/2 tsp baking powder
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/8 tsp ground cloves
- 2 apples, finely chopped (or 1/2 cup applesauce)
- 2 medium eggs, whisked
- 1-3/4 cups nut milk
- Coconut oil (you'll need a couple of tablespoons)

Instructions:

1. Combine the dry ingredients in a large bowl: flour, baking powder and spices.
2. In a separate bowl, combine the apples, egg and nut milk. Add the wet ingredients to the dry and mix until combined.
3. Heat up a large pan to medium/high heat and melt coconut oil, just enough to coat your whole pan. You'll need to add more coconut oil every time you add more pancakes. This is key for pancake perfection.
4. I use my 1/4 cup measuring cup to pour the batter on to the pan. Make sure the pan is hot before you add the first pancake. Cook for a few minutes, just until you see bubbles forming. Flip and cooking for another minute or so.
5. This makes a big batch, so I usually toss them in the oven on the "warming" function while I make the whole batch.
6. I've never actually counted how many it makes but I think it's around 15-18, 3.5-4inch diameter pancakes.

Notes:

*If using oat flour, you may need to add more flour for the best ratio of flour to liquid because it's a finer flour than spelt. You may wish to add 1-3/4 cup oat flour). You can also add 1-2 tbsp coconut flour to help it thicken faster. Top with coconut butter and raspberries. To make compote, just warm frozen organic raspberries with a drizzle of maple syrup. Mash them with a fork and pour on top of pancakes. You won't even need more syrup!