

Baked Apple Cinnamon Pancakes JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/4 cup unsalted butter
- 1 cup almond flour
- 1 cup unsweetened apple sauce
- 6 eggs
- 1/4 tsp sea salt
- 1 tsp ground cinnamon

TOPPING

- 2-3 apples (Honey Crisp or Royal Gala are ideal)
- 1/2 cup pecans, chopped
- 2 tbsp coconut oil or ghee (butter will burn too easily)
- 1 tsp ground cinnamon
- 1/4 cup maple syrup
- 2 tbsp water

Instructions:

1. Preheat the oven to 435 F (255 C). Line a 9x13 inch baking dish with parchment paper.
2. Put the butter in a 9x13 inch baking dish and set it in the heated oven to melt.
3. Mix the flour, applesauce, eggs, salt, and cinnamon in a bowl.
4. When the butter is melted, pour the batter into the baking dish and spread evenly into the corners.
5. Return the dish to the oven and bake for 25 minutes until golden.
6. Let cool, then cut into 6 pieces. Serve with fruit spread, jam, or apple mixture topping!
7. To make the apple topping, melt coconut oil or ghee on a pan on the stovetop on medium heat. Add apples and saute until soft. Add water if apples are starting to dry out. Add cinnamon and maple syrup when as they are softening. Cook until soft but not mushy.
8. Place topping on top of each slice of apple pancakes.
9. Store the pancakes in an airtight container in the fridge for up to 3 days. Reheat in an oven set at 275 F (135 C) for 10 minutes.

Notes:

Recipe adapted from Sprout Right Cookbook. Serves 4-6