

Baked Pancakes with Almond Butter and Berries

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 cup coconut flour
- 1 cup oat flour*
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsp ground cinnamon
- 6 whole organic eggs, whisked
- 1 tsp vanilla or almond extract
- 2-1/2 cups non-dairy milk. I used oat milk.
- 1 cup fresh or thawed frozen berries
- 1/2-1 cup almond butter**

Instructions:

1. Preheat oven to 350F (180C). Grease or line a 13"x9" pan with parchment paper. In a large mixing bowl, combine flours, baking powder, baking soda and cinnamon.
2. In a smaller bowl, combine eggs, extract and milk.
3. Add wet ingredients to dry ingredients and mix until fully combined. Use a whisk to mix out any lumps.
4. Pour batter into baking dish. Using a large spoon, pour big drops of almond butter into 6 areas of the batter. Do the same with the berries. Then use the spoon to swirl around the mixture.
5. Bake for 30 minutes on convection setting or 35-40 minutes regular oven setting. It's done when a knife inserted comes out clean.
6. Top with yogurt, maple syrup and more fresh berries.

Notes:

Serves 6 *DIY oat flour. Measure out any amount of oat flakes, raw oats or quick oats. I usually do 3-4 cups at a time. Blitz in a high power blender or food processor until finely ground. **I've provided a range because it just depends how rich you want it to be.