

Carrot Cake Pancakes



Ingredients:

3 cups oat flour

½ teaspoon cinnamon

¼ teaspoon nutmeg

¼ teaspoon ground cloves

1 teaspoon baking powder

½ teaspoon baking soda

1 ½ cup almond milk, unsweetened

1 flax egg

1 tablespoon ground flax seeds

3 tablespoons water (mix and let sit for 5 minutes)

1 carrot, grated

1 small banana, mashed

1 tablespoon apple cider vinegar

1 tablespoon vanilla extract

½ cup unsweetened applesauce

Directions:

Mix wet ingredients, add dry ingredients, mix well. Heat skillet to medium. Pour 4 inch round pancakes, turning them after the bubbles pop. Flip and cook until golden. Serve with cream or pure maple syrup.

Cream

Ingredients:

1 ½ cups full fat coconut milk

1 tablespoon lemon juice, fresh

3-4 medjool dates, pitted

1 tsp vanilla extract

Blend and serve.