



VEGAN PANCAKES

INGREDIENTS

- **160g Organic Plain Flour**
- **260ml Organic Plant Based Milk**
- **1 tsp Organic Maple Syrup**
- **Half a tsp Cinnamon (optional)**
- **Half a tsp Baking Powder**
- **Essential Coconut Oil for Cooking**
- **3 Ripe Mashed Bananas**
- **Pinch of Grated Apple**

Toppings

- **Essential Organic Hazelnut and Chocolate Spread**
- **Essential Organic Fruit and Nut Mix**

METHOD

Mix in together all the dry pancake ingredients in to a large mixing bowl. Now add and mix in your plant based milk, half a grated apple, bananas and syrup. Mix thoroughly into a smooth pancake batter.

Pick out your favorite pancake frying pan, preferably non-stick. Set your hob to a medium heat and add half a teaspoon of coconut oil. Wait until the oil is nice and hot (test with a small drop of batter to make a mini pancake). Then when ready, ladle in a tablespoon of the pancake batter.

Cook for 2-4 minutes, checking the bottom by peaking underneath with a spatula of choice. When golden brown... let the flipping commence!

Finally when the pancake is sufficiently cooked on each side, in whatever shape or form you've created, start stacking up the pancakes and adding toppings of your choice. We recommend our hazelnut and chocolate spread with a sprinkle of fruit and nut mix and a drizzle of maple syrup.