

Puffy Power Pancakes

Ingredients

1

LeafSide Cozy Carrot Spice Sweet-Bowl

1 cup

whole wheat or spelt flour

1 teaspoon

cinnamon

1 tablespoon

baking powder

1 cup

unsweetened soy milk

1 tablespoon

apple cider vinegar

2 tablespoons

maple or date syrup

Start your day with an energizing plant-powered plate of perfectly spiced puffy pancakes. No one will guess that these pretty pillows of deliciousness contain invigorating maca & endurance-boosting cordyceps mushrooms, along with colorful carrots rich in beta-carotene. So go ahead and attack this stack of guilt-free layered flavors that nourish your body and satisfy your appetite for amazing food!

Makes 6 Servings

PREP TIME: 15 minutes • COOK TIME: 25 minutes

◆ **Tools Needed:** bowl with lid, large mixing bowl, nonstick pan, stove, spatula

1. Prepare LeafSide's Cozy Carrot Spice Sweet-Bowl as directed.
2. While the LeafSide meal steeps, combine flour, cinnamon, and baking powder in a large mixing bowl. Make a well in the center.
3. Add soy milk, apple cider vinegar, and maple syrup into the well, along with the prepared LS meal. Mix everything together.
4. Preheat a large non-stick pan on medium heat; it's ready when drops of water sizzle on it.
5. Use 1/3 cup to scoop some batter and drop it into the pan using a spatula; spread the batter quickly to desired size of pancake. You should be able to fit 3 or 4 in the pan at a time.
6. Cook 1 - 3 minutes on each side or until edges start to dry/brown and bubbles form on top.
7. Plate and serve with favorite toppings. Shown with pineapple, raisins, pecans, carrot, sunflower seeds, maple syrup.

Other suggested toppings: apples, oranges, walnuts, almonds, applesauce, date paste, ground flaxseed, sunflower seed butter, almond butter



Unique Whole Plant Foods



Preheat the oven to 250 and add each cooked pancake to a baking sheet to keep warm while you finish making all of them. Avoid stacking; line them up like cookies.



Have Feedback?

Scan the QR code with your phone camera.

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Breakfast