
Gluten-Free Pancakes with Vanilla Cream Sauce

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Pancakes

- 1/2 cup oat flour
- 1/2 cup chestnut flour*
- 1/4 teaspoon cinnamon
- 1/2 tsp baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- small very ripe banana, mashed
- 1 egg
- 1/2 cup almond milk
- 1 tbsp coconut sugar (optional)
- 1/2 teaspoon vanilla

Vanilla Cashew Cream

- 1/4 cup raw cashews, soaked overnight
- 2 tbsp coconut milk
- 2 tbsp coconut oil
- 1 tsp vanilla
- 1 tbsp honey

Berry Compote

- 1/2 cup frozen berries of your choice
- 1 tbsp maple syrup

Instructions:

1. Make the cashew cream: blend all the Cashew cream ingredients together until smooth and set aside. If the mixture seems too thick add more milk or water. Taste and add more honey if you'd like it sweeter.
2. Make the berry compote: combine the berries and maple syrup in a small saucepan and warm up just until the berries release their juices and you get a nice sauce. Set aside while you make the pancakes.
3. In a medium bowl whisk together the flours, cinnamon, baking powder, baking soda, and salt. Set aside.
4. By hand or in a blender, mix together the banana, egg, almond milk, sugar and vanilla.
5. Pour the wet ingredients over the dry and fold the ingredients together until no more flour is visible. Leave the batter to rest for about 10minutes for all the chemical reactions to take place resulting in fluffier pancakes.
6. Heat a frying pan over medium heat with your choice of oil or butter, and once hot fry the pancakes about 1/4 cup each. Once you see those lovely bubbles, turn them over to continue cooking the other side.
7. Serve the pancakes stacked and topped with the Cashew cream and berry compote. You can also

add some sliced bananas and fresh strawberries like Essa did.

Notes:

You can also use almond flour, but if you can get hold of chestnut flour I highly recommend using it.