Vegan Spelt Pancakes

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 2-3
Ingredients:

- 1/2 cup full-fat coconut milk
- 1/4-1/2 cup water
- 1 teaspoon apple cider vinegar
- 1 cup spelt flour
- 1 tablespoon baking powder
- 1 tablespoons sugar
- 1/8 teaspoon salt
- 1/4 cup apple sauce (see note)
- 1 tablespoon coconut oil, melted

To serve:

Maple syrup, Blueberry Compote, Raspberry Chia Jam, Chopped Nuts, Chocolate Chips, sliced banans, fresh berries

---

Instructions:

1. In a small bowl or glass measuring cup, mix the coconut milk with 1/4 cup of water. Add the apple cider vinegar and set aside to curdle.
2. In a medium bowl whisk together the flour, baking powder, sugar and salt.
3. Once the coconut milk has curdled, add the apple sauce and oil and mix to combine.
4. Pour the milk mixture over the dry ingredients and fold just to combine, keeping the batter slightly lumpy. As you mix, if you feel the batter is too thick, add about 1/4 cup more water.
5. Let the batter rest for about 5 minutes while you warm up your frying pan.
6. Grease you pan with a little coconut oil, then use a 1/4 cup to make medium sized pancakes. Once the underside is browned and bubbles have formed on the surface, flip the pancake to cook the other side.
7. Best served immediately with your desired toppings. You can also cool them once done and store in the fridge. Then warm them up in the oven or a toaster to enjoy the next day.

Notes:

- You can use any other non-dairy milk or coconut milk in the carton, however since that's lighter than canned coconut milk, use all milk and no water. So for the recipe below it would be 3/4-1 cup.
- You can certainly use whole wheat to replace the spelt flour. Or part whole wheat and part spelt. You could try a gluten-free flour, but I'm not sure of the result.
- To make apple sauce, simply peel and slice 2 apples and place in a sauce pan with a tablespoon of water. Let simmer until the apples are soft. Blend until smooth. Let cool before storing in the fridge for up to 5 days. I show how to make it in this muffins video (Arabic only). Apple sauce works as a

replacement for eggs in plant-based recipes, and can also add sweetness and moisture. Make a batch and use it to make these bars as well as Morning Glory Cookies, Morning Glory Muffins, and Sweet Potato Muffins. Also great to use in pancakes and waffles.