Gluten-Free Apple & Almond Pancakes



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★☆☆

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Categories: Pancake Tuesday, Breakfast Recipes, Vegetarian



Ingredients

Makes 8 pancakes

- 2 eggs
- 1/3 cup milk or almond milk
- 1 tbs coconut oil, melted
- 1 tbs maple syrup, plus extra to serve
- 1 ½ cups almond meal
- 1 tsp gluten free baking powder
- ½ cup grated green apple, plus extra sliced to serve

- ½ tsp ground cinnamon
- Greek yoghurt and strawberries, to serve
- Natural almonds, roughly chopped, to sprinkle

Method

- 1. In a large bowl, whisk eggs, milk, oil and syrup together. Stir in almond meal, baking powder, grated apple and cinnamon. Mix to combine well.
- 2. Heat a large, lightly greased non-stick frying pan over medium heat. Working in batches of 3, pour ¼ cups of batter into the pan. Cook pancakes for 2-3 minutes, until bubbles break on the surface and underside is golden brown. Flip over and cook for 1 minute.
- 3. Serve topped with a dollop of Greek yoghurt, extra sliced apple and berries. Drizzle with extra maple syrup and sprinkle with almonds.

Notes

For a classic take on pancakes be sure to check out our **Best Pancakes recipe** today!

Nutritional Information

Serving size Energy Protein Total fat Saturated fat Carbs (total) Carbs (sugar) Sodium Fibre 108g $\frac{1340k}{320kcal}$ 12.1g 25.3g 2.6g 9.8g 8.6g 132mg 3.9g

Vitamin D

All nutrition values are per serve.