

Pumpkin Pancakes with apple pie syrup

Swick

Serves 1 | Active Time: 35 minutes | Total Time:

Chef's Notes

RECIPE TIPS

Oat Flour: Make your own oat flour by placing oats in the bowl of your food processor and pulsing the oats until they are ground into a powder-like consistency. 1¼ cups of oats make 1 cup oat flour.

Pumpkin Pie Spice: To make your own, mix together 2 parts cinnamon, 1 part ginger, ½ part nutmeg, and ½ part cloves.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavored syrup,” or even just “maple syrup,” as they contain artificial maple flavor and cane sugar or corn syrup).

Step 1: Make Apple Pie Syrup

- 1 1/2 Golden Delicious apples thinly sliced In a saucepan over medium heat, combine apples, maple syrup, applesauce, and pumpkin pie spice. Cook until apples are tender and liquid is syrupy, 10 to 15 minutes. Keep warm.
- 3/4 cup pure maple syrup
- 3 tablespoons unsweetened applesauce
- 1/3 teaspoon pumpkin pie spice

Step 2: Prepare Batter

- 1 1/2 tablespoons ground flaxseed In a small bowl, mix flaxseed with 1/4 cup water; set aside.
- 2 cups oat flour (you can make your own; see tip) In a large bowl, combine oat flour, baking powder, 1 1/2 teaspoons pumpkin pie spice, and salt; mix well.
- 1 1/4 tablespoons baking powder
- 1 1/2 teaspoons pumpkin pie spice Add plant milk, pumpkin purée, flaxseed, and cider vinegar. Mix well and let stand for 5 minutes.
- 2 dashes sea salt
- 1 1/4 cups unflavored plant milk
- 3/4 cup pure pumpkin purée To cook the pancakes:
- 2 1/4 teaspoons apple cider vinegar Heat a nonstick skillet over medium heat for a few minutes until hot, then reduce heat to low and let skillet rest for 2 to 3 minutes.

For each pancake, ladle about ⅓ cup batter into skillet. Cook until edges are lightly brown and bottoms are firm. Flip pancakes and continue to cook until heated through, 2 to 3 minutes.