

Whole Foodie Pancakes

Serves 2

These fluffy whole-grain pancakes are the perfect brunch food. Be sure to double or triple the batch—you'll be glad you did. If you have leftovers, it's easy to reheat them for the kids' breakfast. Top with fresh or stewed fruits, date paste, or chopped nuts.

1 cup whole wheat flour

½ cup unsweetened applesauce

2 tablespoons date paste (see page 56)

1 cup unsweetened almond milk or other nondairy milk

1 teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon ground cinnamon

Pinch of sea salt (optional)

Fresh or poached berries, for serving (optional)

Vanilla Coconut Cream (page 271), for serving (optional)

In a medium bowl, combine the flour, applesauce, date paste, and almond milk. Mix thoroughly. Stir in the baking powder, baking soda, cinnamon, and salt (if using).

Heat a large nonstick pan over medium heat. When hot, pour in about ⅓ cup of the batter and cook until you see tiny bubbles forming on top and the bottom is browned, 2 to 3 minutes. Flip and cook until the other side is browned, about 2 minutes more. Transfer to a warm plate. Repeat with the remaining batter.

Serve with your favorite fresh or poached berries and vanilla coconut cream.

Banana-Nut Pancakes: Add half a mashed banana and ¼ cup chopped walnuts to the batter before cooking the pancakes.

Per serving: 277 calories, 3 g total fat, 0 g saturated fat, 0 mg cholesterol, 681 mg sodium, 58 g total carbohydrate (8 g dietary fiber, 11 g sugar, 0 g added sugars), 9 g protein, 3 mg iron