



Ingredients

- ✓ 1½ cups gluten-free flour mix
- ✓ 1 Tbsp. coconut sugar
- ✓ 1 tsp. baking powder
- ✓ ½ tsp. baking soda
- ✓ ½ tsp. ground cinnamon
- ✓ ¼ tsp. ground nutmeg
- ✓ ¼ tsp. salt
- ✓ 1 Tbsp. Ener-G Egg Replacer
- ✓ ¼ cup warm water
- ✓ ¾ cup almond milk
- ✓ 2 Tbsp. coconut oil, liquefied
- ✓ ½ tsp. vanilla extract
- ✓ 2 medium tart-sweet apples
- ✓ Maple syrup and/or topping of choice

Notes:

- The apples should be peel and sliced thin or chopped (~ 1lb or 2 cups).
- Try Bob's Red Mill gluten free flour mix.
- Maple sugar or other sweetener can be substituted for coconut sugar.
- 2 large eggs, beaten, can be substituted for Ener-G Egg Replacer (Not Vegan).

Preparation

In a medium bowl, combine flour, sugar, baking powder, baking soda, cinnamon, nutmeg and salt. In small bowl, whisk Ener-G Egg Replacer with warm water and add to flour mixture. Add almond milk, the 2 tablespoons of coconut oil and vanilla and stir only until blended. Fold in sliced apples. Heat additional coconut oil on a griddle, enough to coat. When hot, add pancake batter in a quantity according to size of pancakes desired. When top bubbles, flip over and cook reverse side until golden. Serve sprinkled or drizzled with toppings of choice.