

Apple Sauce Pancakes or Crepes
Whole Foods Nutrition with Cindy Olejar
www.wholefoodsnutrition.org

Free of gluten, dairy, soy, eggs, tree nuts and nightshades

Makes 2 to 8 pancakes depending on the size

Dry Ingredients

1 cup Tiger nut flour

¼ cup arrowroot powder

1 teaspoon homemade baking powder (see recipe in condiment recipe section)

¼ teaspoon sea salt

Wet ingredients

¾ cup organic, no sugar applesauce

½ cup hot water

2 Tablespoons melted coconut oil

¼ cup to 2/3 cup more water to create desired consistency, may need more water for crepes to make the batter thinner

1. Heat pan on medium-low. In a medium bowl, whisk together the flour, arrowroot powder, baking powder, and salt. In another small bowl, whisk together the applesauce, hot water, and coconut oil. Immediately pour the wet mixture into the dry and whisk together, so the hot water warms the flour mixture; this is how the batter binds together without eggs, gluten or gums.
2. Pour in batter to non-stick pan or add coconut oil to pan. Spread out to desired size with the back of a spoon. Cook for about two minutes on each side or until bubbles form on the top. The consistency will be a little moister than gluten pancakes.
3. Enjoy with organic almond butter, or add your favorite berries to wrap the crepes up in, or other delicious organic, whole foods.