

Gluten & Dairy Free Cinnamon Spice Apple Cassava Pancakes

Servings: 6

Prep time: 15 min

Cook time: 15 min

INGREDIENTS

COOKED APPLES

- 3 peeled and cubed apples
- 4 tablespoons of vegan butter
- 1 teaspoon of apple pie spice

PANCAKE BATTER

- 2 eggs separated
- 1/4 cup of goat milk powder mixed in 1 cup of warm water
- 1 tablespoon of honey
- 1 cup of canned unsweetened coconut milk
- 1/4 cup of organic fine sugar
- 1 tsp of ground cinnamon
- 1/8 teaspoon of ground mace
- 1/8 teaspoon of ground cloves
- 1/8 teaspoon of nutmeg
- 1 3/4 cup of cassava flour
- 1/4 cup of melted vegan butter
- 2 heaping teaspoons of baking powder
- 1 teaspoon of baking soda
- 1 teaspoon of salt
- 1 tablespoon of Benefiber (optional)



DIRECTIONS

Cook the Apples

- Peel, core, and dice three apples
- Melt 4 tablespoons of vegan butter in a saucepan over medium heat.
- Add the diced apples to the pan.
- Sprinkle 1 teaspoon of sugar over the apples.
- Then sprinkle 1 teaspoon of apple pie spice over the top of the apples and stir.
- Cover the apples with a lid and reduce the temperature to medium-low.
- Allow them to cook until tender, string occasionally.
- Set the cooked apples aside and prepare the pancake batter.

Prepare the Pancake Batter

- To prepare the pancake batter start by bringing one cup of water to a boil.
- Add 1 tablespoon of honey to the hot water.

Directions continue on the next page



Recipe by: Cheri Moore

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DIRECTIONS

- Whisk 1/4 cup of goat milk powder into the hot water.
- Set the goat milk honey mixture aside to dissolve.
- Then, separate the yolk from the whites of two eggs into individual bowls. Set the bowl of egg whites aside.
- Next, add the following ingredients to a mixing bowl: 2 yellow egg yolks, 1/4 cup of organic fine sugar, 1 teaspoon of ground cinnamon, 1/8 teaspoon of ground mace, 1/8 teaspoon of ground cloves, 1/8 teaspoon of nutmeg.
- Add 1 and 3/4 cup of cassava flour to the bowl.
- Empty one can of canned coconut milk into a blender.
- Blend it and then measure out 1 cup.
- Add 1 cup of canned coconut milk to the pancake batter.
- Mix the ingredients together.
- Then, melt 1/4 cup of butter in the skillet on the stovetop.
- Pour the melted butter into the pancake batter and stir.
- Next, add 2 heaping teaspoons of baking powder, 1 teaspoon of baking soda, and 1 teaspoon of salt.
- If you are using 1 tablespoon of Benefiber, add it to the batter now.
- Stir the batter until all the ingredients are completely incorporated.
- Add 1 cup of dissolved warm goat milk powder water and mix.
- Next, stir in 2 cups of cooked apples.
- In a clean bowl, beat two egg whites on high until stiff peaks begin to form.
- Then fold the beaten egg whites into the pancake batter.

Cook the Pancakes

- Pour your desired amount of batter onto a buttered preheated skillet over medium to medium-low heat.
- Wait to flip it until the edges are cooked and bubbles pop on the surface.
- Flip and allow it to finish cooking for around a minute.
- Enjoy!

NOTES:

You can use apple pie spice seasoning or the mixture of cinnamon, mace, cloves, and nutmeg from the pancake batter.

To make your morning simpler, you can cook the apples the night before.
