



Simple | Healthy | Delicious

Sprouted Grain Pancakes

INGREDIENTS

1 cup Nature's Earthly Choice Sprouted Blend

2 cups water

OPTIONAL ADDITIONS

Citrus zest, such as lemon or orange

Vanilla

Coconut sugar or maple syrup

Spices, such as cinnamon, cardamom, ginger, nutmeg, etc.

Fresh or frozen fruit such as bananas

Unsweetened desiccated coconut

Organic eggs

Tender greens, such as spinach

Protein Powder



DIRECTIONS:

1. Soak grains overnight in pure water with an acidic medium (such as apple cider vinegar or lemon juice). In the morning, drain and rinse well.
2. Place grains in a blender with water. Blend on highest setting until smooth, and add more water if needed. The consistency should be like pancake batter; fluid and pourable but not thin and watery. Add any other elements you'd like, but try to maintain the consistency – add more water if necessary.
3. Heat a large skillet or griddle with just a little bit of coconut oil or ghee. When hot, pour desired amount of batter onto the skillet, wait until bubbles form on the top and the batter becomes almost opaque, then flip. Start the first batch off in a really hot pan, and then lower the heat slightly to cook the rest. No need to add fat to the pan after the first round – once the pan is hot enough the pancakes should cook without the need for any additional oil.
4. Serve hot with desired toppings.