

“In the Flow” Apple Pancakes *Gluten-Free and Dairy-Free*

One of the things I love about going apple picking in the autumn is that having bushels of apples afterwards inspires me to come up with new apple recipes. I was so “in the flow” when creating this recipe that the ingredients and quantities seemed to magically reveal themselves. For instance, although most pancake recipes call for only one egg, somehow intuitively I knew this recipe would need three. At the risk of sounding nuts, a voice in my head told me two teaspoons of lemon juice mixed with coconut milk would be necessary to mimic the flavor of a sour cream apple pancake, which I’ve never even eaten before. But the compulsion to create this dish was strong. I didn’t even need to tweak the recipe or do multiple test batches; these came out perfectly the first time!

Makes eight 4-inch pancakes

1 cup canned coconut milk
2 tsp. lemon juice
1 cup brown rice flour
½ tsp. baking powder
¼ tsp. sea salt
½ tsp. cinnamon
2 Tbsp. coconut sugar (or brown sugar)
1 firmly packed cup of grated apple (from 1 apple, peeled and cored)
3 eggs
coconut oil for cooking the pancakes

Using a liquid measuring cup, measure the coconut milk. Add the lemon juice and stir. Set aside.

In a medium bowl, combine the brown rice flour, baking powder, coconut sugar, sea salt, and cinnamon.

Peel and core the apple. Grate the apple using a box grater or food processor fitted with a grating disc. Add the apple to the flour mixture, and stir to combine.

Whisk the eggs into the coconut milk. Combine coconut milk and egg mixture into the dry ingredients.

Melt a bit of coconut oil in a medium-hot pan or griddle. Using a ladle or small cup, pour enough batter onto the griddle to make a four inch pancake. Cook until the bottom is golden brown and the top is covered in bubbles, flip and cook for a few minutes more on the other side. Repeat. Enjoy with maple syrup.