

Nutty Pancakes



Ingredients:

Mix all the dry ingredients in a large bowl:

2/3 cup rolled oats

2/3 cup multi-grain flour (or flour of choice)

2/3 cup almond flour (you can use the meal left over from making almond milk)

1/3 cup pecan meal (or other nut meal of choice)

1/3 cup buckwheat flour (or other flour of choice)

1 Tbsp. baking powder

1 tsp. Breakfast Sprinkle (or plain cinnamon)

1/2 tsp. Real salt

Mix all the "wet" ingredients together:

1 cup kefir (or buttermilk)

6 Tbsp. coconut oil

2 eggs

1 tsp. vanilla

2 Tbsp. agave nectar or pure maple syrup

Instructions:

Pour the wet ingredients into the dry and stir until just combined. Add berries or nuts if desired.

Pour onto the griddle and cook each pancake until golden. Serve with berry syrup.

Berry Syrup:

1 part mixed berries or berry of choice

1 part pure maple syrup

Warm together and serve as is, or blend until smooth and thick.