

Carrot Pancakes With Almond Caramel

Serves 9

For pancakes:

- 1 rounded cup (140g) oat flour
- 1 tsp. cinnamon
- ¼ tsp. ground ginger
- ¼ tsp. ground nutmeg
- 1¼ tsp. baking powder
- ½ tsp. baking soda
- ¾ cup (180ml) oat milk
- 2 tbsp. almond butter
- 2 tsp. lemon juice
- 2 tbsp. maple syrup
- 1 cup (110g) carrots, grated
- 1 tbsp. coconut oil

For almond caramel:

- ¼ cup (60ml) maple syrup
- 2 tbsp. almond butter
- pinch salt

What you need to do

1. In a bowl, combine flour, spices, baking powder and baking soda. Whisk in the almond milk, almond butter, lemon juice and maple syrup. Then add in the grated carrots and mix well.
2. Heat up a non-stick frying pan over medium heat and grease it lightly with some of the coconut oil.
3. Ladle 2 tablespoons of the pancake mix per pancake. Cook each pancake for about 2 minutes on one side, then flip and another 1-2 minutes on the other side.
4. Serve with almond caramel sauce.

To make the almond caramel:

Heat up the maple syrup in a small pot over low heat. When it starts to boil gently, take it off the heat and stir in the almond butter with a pinch of salt.

Return the pan on the heat and simmer, stirring the caramel for another minute until thickened. Serves as a pancake topping.



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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	30 mins	363	12	57	8

*Nutrition per serving

