

"Nourish your Body"

Recipe Collection

Berry Fig Pancakes

Ingredients

- 1 cup spelt flour
- 1 cup almond meal
- 1 cup coconut water
- 3 free range, organic eggs
- 1 cup of fresh, seasonal mixed berries (I used stawberries and blue berries)
- 4 – 6 figs, cut into quarters
- Organic fig syrup (Rosnay Organic make a beautiful one)



Method

1. Sift spelt flour into a large mixing bowl.
2. Add almond meal, eggs and coconut water.
3. Whisk well ensuring that there are no lumps in your mixture.
4. Heat a large non-stick pan to medium heat.
5. Place small amounts of the mixture into the pan.
6. Cook for 1 – 2 minutes before flipping (or until golden on each side).
7. Repeat until all pancakes batter is used.
8. Layer with berries, figs and then drizzle with some fig syrup (you could use maple syrup here if you preferred).