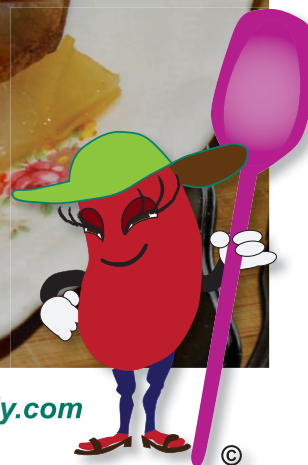


Beans, Rice And Everything Nice

Gingerbread Pancakes



beansriceeverythingnice.weebly.com



Ingredients

makes 6–8 pancakes

2/3 cup gluten-free steel cut oats

1/3 cup gluten-free buckwheat groats

1 cup soy milk

1/4 cup water

1–2 teaspoons ground ginger

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/8 teaspoon ground cloves

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt (optional)

2 Tablespoons blackstrap molasses

1 - 2 Tablespoons maple syrup
or other sweetener (optional)

1. Add the steel cut oats, buckwheat groats, soy milk and water to a blender jar. Cover and place in the refrigerator to soak 8 hours or overnight. When the grains have soaked, add the ground ginger, cinnamon, nutmeg, cloves, baking powder, baking soda, and molasses and optional maple syrup (if using) and blend until smooth. You may add another 1/4 cup of water if the mixture seems to stiff to blend.
2. Place a heat safe plate in the oven and turn it on to the lowest temperature. Heat a non-stick pan over medium heat for a couple of minutes. Drop the batter 1/3 of a cup at a time onto the hot pan and cook for about 5 minutes. Flip the pancakes when the edges and most of the pancake looks dry and the bubbles have burst. The center will be slightly wet. Cook the other side for 2–3 minutes. Place the cooked pancakes on the warm plate in the oven to hold while you make the rest of the pancakes. The insides of the pancakes will firm-up some more while they sit. Top with warm **Asian Pear (or Apple) Compote** and serve.