



## Blueberry Cashew Pancakes

SERVES 6 / 2cakes



*Recipe by: Executive Chef, Jason Matthews, Lifespace Claridge Court*



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## Ingredients

Garbanzo Bean Flour	3	Cups
Sea Salt	1-1/2	Tbsp
Baking Powder	3	Tbsp
Coconut Sugar	6	Tbsp
Cold Water	1-3/4	Cups
Pan Spray		
Fresh Blueberries	2	Cups
Cashews	3/4	Cup
Real Maple Syrup or Honey	1-1/2	Cups
Avocado or Coconut Oil Butter	1/4	Cup

## Directions

1. Wash all produce before use.
2. Heat and griddle or non stick pan on medium high temperature.
3. Mix the flour, salt, baking powder, and sugar together in a bowl.
4. Slowly add the water until desired thickness, should be pourable and spread while cooking.
5. Spray griddle or pan and scoop batter into circles, allowing space for expansion.
6. Evenly distribute about half of the blueberries and cashews onto pancakes.
7. When pancakes begin to bubble evenly across and start to look dry around edges (about 1-3 minutes) flip over and begin cooking the other side. (additional (30 seconds to a minutes).
8. After they are cooked through arrange onto plate and garnish with butter, blueberries, and cashews.
9. Serve with Maple syrup.

