

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Apple Cinnamon Pancakes

In a high power blender combine;

1 cup whole wheat berries

1 cup soy or nut milk

Blend on high for 2 minutes, then add;

1/2 cup more soy or nut milk

1/4 cup light olive oil

1 egg or equivalent substitute

1 Tbls. honey

1 Tbls. baking powder (aluminum free)

1 tsp. ground cinnamon

1/2 tsp. salt

Blend for another 2 minutes then add;

3/4 cup of organic, unsweetened applesauce or finely grated apple

Blend on low just until combined. Cook on lightly oiled griddle or skillet and serve with pure maple syrup and fresh fruit. If you like more texture to your batter cut the blending time in half. (Note: if using grated apple you may need to add a little extra milk to get the right consistency.)

