



QUICK AND EASY AYURVEDIC PANCAKE RECIPE (WITH SECRET SYRUP!)

Vata ↓, Pitta ↓, Kapha ↑

Makes: 7 to 9 pancakes

Prep time: 10 to 15 minutes

Cook time: 10 to 15 minutes

INGREDIENTS

For the pancakes:

- 1 1/2 cups organic whole milk, homemade almond milk, or milk alternative of choice
- 2 large eggs
- 2 medjool dates, pitted (substitute with 1 tbsp of maple syrup or 1 tsp of molasses)
- 1 tablespoon ghee (substitute with coconut oil if needed)
- 2 teaspoons baking powder
- 1 teaspoon vanilla extract
- 2 teaspoons cinnamon powder*
- 3/4 teaspoon ginger powder*
- 1/2 teaspoon cardamom powder*
- 5 saffron stigmas (if available)
- 1/8 teaspoon salt
- 2 cups rolled oats

*Spices can be replaced by 1 tsp of cinnamon powder and 1 tsp of Ayurvedic Breakfast Spices.

For the secret syrup:

- 1/2 cup honey
- 1/4 cup ghee (substitute with coconut oil if needed)
- 2/3 cup walnuts (substitute with almonds or any nut of choice; omit if nuts are not preferred)
- 2 teaspoons cinnamon powder
- 1/4 teaspoon vanilla extract

DIRECTIONS

Preparing the pancakes:

1. Heat the griddle or pan over medium heat on a large burner (small burners will create uneven cooking). Add a small spoonful of ghee or oil to avoid sticking.
2. While the griddle is heating, add the milk and eggs to the blender.
3. Pit and chop the dates. Add them to the blender.
4. Add the ghee, baking powder, vanilla, cinnamon, ginger, cardamom, saffron (if using), and salt to the blender. Then add the oats in last.
5. Blend on high until the ingredients are evenly blended and a moderately thick, smooth paste remains - about 1 to 3 minutes. If the batter seems too thick, carefully blend in more milk by the tablespoon. If the batter seems too thin, carefully blend in more rolled oats by the tablespoon.
6. Pour the batter directly onto the heated griddle or pan. Alternatively you can pour the batter into a 1/4 or 1/3 measuring cup for evenly sized pancakes. **NOTE:** You will yield about seven, 1/3 cup pancakes and about nine 1/4 cups pancakes.
7. Cook the first side over medium heat for 45 to 60 seconds, or until the bottom is cooked enough to easily flip, but not too dark or burnt. Due to the thickness of the wholegrain oats, you will not be able to judge the readiness by bubbles forming on the top.
8. Flip the pancake and cook the second side for an additional 30 to 45 seconds, or until the pancake is cooked all the way through (but not overcooked or burnt). The end result should be a moist, fluffy, and fairly light pancake texture.
9. Place the cooked pancake onto a plate and repeat steps 6 to 8 until all of the batter is used up. If desired, the cooked pancakes can be placed in an oven or toaster oven on the warm setting to keep them warm until you are ready to eat.
10. Top your pancakes with the secret syrup listed below (highly recommended!), maple syrup, honey, coconut, nuts, or any desired (healthy) topping. **NOTE:** Please do not top with fruit, jelly, jam, or a fruit syrup. This is considered an improper food combination. Dates are listed in the recipe because they are one of the only exceptions to this vital food rule.

Storage tip: Store any leftovers in the refrigerator in an airtight container for 1 to 3 days. To avoid soginess, lay them separately and do not stack them.

Reheating tip: To reheat, preheat an oven or toaster oven to 350 degrees. Lay out the pancakes separately onto a small baking sheet (do not stack the pancakes). Place them in the toaster oven or oven and cook for for 4 to 6 minutes. Flip them over between 2 and 3 minutes.

Preparing the secret syrup:

1. Add the honey to a small mixing bowl.
2. Melt the ghee or coconut oil in a small pan. Do not get the oil hot, rather just warm enough to become liquid.
3. Add the warm, liquid ghee or oil to the mixing bowl. If the oil became too hot, let it cool a bit before blending it with the honey*. Once added, stir the ghee and honey together until they are completely blended.

*Honey should never never be heated over 110 degrees.

4. Add the walnuts to a clean spice grinder or blender. Pulse until you have coarse, chunky, chopped walnuts (some powder is alright). If any really big chunks remain, you can use your hands to chop them up a bit smaller.
5. Add the chopped walnuts, cinnamon, and vanilla to the honey and ghee blend. Stir in these remaining ingredients until they are all evenly blended.
6. Place a large dollop of the syrup onto your pancakes. If the pancakes are warm this syrup should spread over them naturally. If needed however, you can use a butter knife to spread the syrup evenly.
7. The blend of ghee and honey is a natural Ayurvedic remedy for promoting rejuvenation and vitality. So eat (in moderation), enjoy, and energize!

Storage tip: Keep any leftover syrup in an airtight jar and store it in the cabinet for up to 3 months. Please use a clean and dry spoon for scooping out, as any water or food debris could lead to contamination.