

Choccy-Orange Pancakes with Rhubarb^v Compote Pear

1 cup milk
1 tbsp apple cider vinegar
1 tbsp ground flax seed mix
with 2 Tbsp water

1 tbsp coconut oil, melted
1/2 tsp vanilla

1 1/4 cup flour

1/2 tsp baking powder

1/4 tsp salt

2 tbsp cocoa powder

2 tbsp raw sugar

Butter, for frying

FOR THE COMPOTE

3 stems rhubarb, chopped
into 2cm pieces

1 tbsp raw sugar

3 oranges, juice & zest

3 pears, peel + diced

1. **MAKE BUTTERMILK** : Combine apple cider vinegar with milk. Let this mixture sit for 10 minutes. It will curdle a bit and resemble buttermilk.

MAKE FLAX EGG : Then, stir together water with ground flax seed in another bowl. Let this 'flax egg' sit for 10 minutes until it becomes gelatinous.

2. When those two mixtures are ready, add the flax egg, buttermilk, vanilla and melted coconut oil in a bowl. Whisk together and add the orange zest (orange part only, the white part is bitter).

4. In a separate bowl, add the dry ingredients and mix together. In 3 parts, add the dry ingredients to the wet ingredients. Fold this in just until combined. Gently, overmixing can make hard flat pancakes because the air is knocked out of the mix.

5. Let your batter sit for 5 minutes. Doing this helps it get airy and fluffy. Over medium-low heat, pour 1/2 cup pancake batter and cook for 2 1/2 - 3 1/2 minutes. Once there are a lot of bubbles or the other side is a golden brown, flip and then cook for another 1-2 minutes. Remove from heat and repeat until no batter remains.

6. Cook rhubarb over low heat in a pot with sugar and orange juice until softened. Add remaining orange zest. Stir to keep from sticking to the bottom of the pot, add a little water if it is too dry. Put on top of each pancake on the platter and serve.

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