



Savory Pancake Stack With Pine Nut Cream

Whoever said pancakes are just for breakfast, never tried these tasty cakes. Light pancakes stacked with layers of sautéed peppers, mushrooms, tomatoes, onion and baby spinach then topped with a fresh basil pine nut cream make this a delightful dish no matter the time of day.

Ingredients

For the Pancakes:

3/4 cup Chickpea Flour

1/2 Tbsp Chia Seeds

1/2 Tbsp Coconut Oil

1 cup Water

Salt and Pepper to taste

4-5 cups of sliced vegetables of choice (I used portobello mushrooms, bell peppers, cherry tomatoes, red onion and loads of baby leave spinach)

For the Basil Pine Nut Cream:

1/4 cup Farm Fresh Nuts [Raw Pine Nuts](#)

1/4 cup Oil-packed Artichokes

Juice of 1 small Lime

1/4 cup Water

1 tsp Nutritional Yeast

Handful of basil leaves (optional but recommended)

Salt to taste

Preparation

For the Pancakes:

Place all ingredients in a blender and blend until smooth. Place in the fridge for 10 minutes while you prepare the veggies and pine nut cream (recipe below).

To cook the pancakes, heat up a skillet to a medium heat and pour in some of the pancake batter to make a pancake approximately 6 inches across. Cook until the top starts to dry out and the bottom is browned (a couple of minutes) then flip and cook the other side until golden. If the pancake starts to burn before the top has dried turn the heat down a bit.

Repeat this until all the batter is used up and you have a nice stack of pancakes. This recipe should make about 9 thin pancakes.

Add a little olive oil to the skillet or a wok, turn up the heat and quickly fry your veggies. Stir and cook for just a minute or two so they stay crunchy.

Lay one pancake on a bed of baby leaf spinach and add a spoonful of veggies. Add another pancake on this, then veggies again. Top with a third pancake and smother with Pine Nut

Cream

For the Cream:

Blend all ingredients until smooth and place in the fridge while you prepare and cook the pancake stack.