

JUNE'S OATMEAL PANCAKES

Jane brings these to our WAPF meetings and we all love them! I have made some minor changes to her recipe.

The long soaking reduces phytic acids and makes these pancakes utterly delicious. A meal on their own!

Makes 12 pancakes

Recipe can be halved or doubled. Freeze extra pancakes and re-heat in toaster from frozen.

2 cups freshly rolled oats (or large flake oats)
1/4 cup rolled rye kernels or 3 Tbs rye flour (*)
2 cups home-made kefir (or Liberte plain kefir or good quality plain yogurt)

mix the above in a medium glass bowl or other non-reactive bowl, cover and let soak for 12 - 24 hrs at room temperature.

Preheat a griddle or cast iron pan.

Add the following straight to the above bowl:

3 eggs
1/2 tsp sea salt
1/4 cup of dried fruit, chopped. Dates, dried apricots or cranberries are delicious.
2 Tbs melted coconut oil
4 Tbs arrowroot (if you don't have any, add sprouted spelt flour or unbleached wheat flour)
1/2 tsp baking soda (not absolutely necessary)

Stir in all ingredients (except baking soda) and stir well with a fork or spatula. Sprinkle baking soda and stir again.

Cook on your griddle or pan with plenty of fat. Coconut oil, ghee or lard work well for high heat.

Serve topped with fresh fruit, some Fil Mjolk cream (Sourcream or yogurt) and a drizzle maple syrup (may not even be necessary because of the dried fruit).

(*) Adding rye is optional but beneficial. Rye is high in phytase (the enzyme) that helps reduce phytic acid. Oats are high in phytic acids but low in phytase. This combination is therefore ideal for obtaining the most nutrients from these grains as phytic acids are further reduced as compared to oats alone.

You can make these pancakes savoury if you add herbs and a cup of chopped zucchini and red peppers instead of the dried fruit.

Kimchi-pancakes: add 1/2 cup of chopped kimchi to batter.

Serve with sourcream and salsa.

