

GINGERBREAD PANCAKES WITH COCONUT YOGHURT AND MULLED FRUIT COMPOTE... BY FRANCESCA KLOTTTRUP

Looking for a festive and colourful breakfast to start your day? This gluten free, dairy free and vegan recipe ticks all the boxes. CNM recommends using organic ingredients wherever possible.

Serves 4

Ingredients:

Pancake – dry:

- 225g buckwheat flour
- 1tsp ground cinnamon
- ½ tsp ground ginger
- Pinch ground nutmeg
- 1tsp baking powder
- Pinch baking soda
- Pinch of sea salt

Pancake – wet:

- 1 flax egg (1tbsp flaxseed meal or ground raw flaxseed with 3tbsp water)
- 300ml non-sweetened dairy free milk (oat or coconut works well)
- 4tbsp black treacle
- 3tbsp coconut oil, melted

Compote:

- 450g mixed red and black fruits, for example, blueberries, raspberries, blackberries, red currants, plums, cherries*
- 1 Granny Smith apple
- 1 cinnamon stick
- 2 star anise
- 1in of fresh ginger, sliced in half
- 4 cardamom pods, crushed
- 2 cloves
- Juice of 2 large oranges, peel the zest into strips from one
- Zest of ½ lemon
- 4tbsp tart apple juice, cold pressed

* You can use frozen fruits. If so, it's best to thaw at room temperature first and drain off the excess liquid.

Garnish:

- Coconut yoghurt
- Fresh mint

Method:

- Make the compote. Place the cinnamon, star anise, cardamom, cloves, ginger, orange and apple juice in a small saucepan. Add a splash of water and gently heat to a simmer to allow the flavours to infuse.
- Quarter and core the apple and slice the quarters. Add the apple, berries and zests into the pan, put a lid on and continue to gently simmer, letting the fruit to break down and the mix to thicken, approximately 15-20 minutes (stir regularly to prevent the fruit catching, add a little water if too much liquid evaporates away).
- Remove the spices and strips of zest, taste and add a squeeze of lemon juice if too sweet.
- If you're not using the compote straight away, allow to cool and store in an airtight container in the fridge for up to a week. For best results make the day before to let the flavours intensify.

For the pancakes:

- Make the flax egg, whisk the flaxseed and water thoroughly and leave to thicken for five minutes.
- Beat the wet ingredients (including the flax egg) together in a small bowl.
- Mix all the dry ingredients together in a large bowl. Create a well in the middle and beat in half the wet ingredients to create a smooth thick batter. Whisk in the remaining wet ingredients until just combined (this encourages a lighter pancake).
- Leave the batter for 15-30 minutes (for the raising agents to create air pockets).
- Heat a large frying pan on a medium heat and add enough coconut oil to lightly cover the base of the pan. Pour a small ladle's worth of batter into the centre of the pan and lift the pan in a circular action to spread the batter and flatten into a round pancake.
- When bubbles start to appear and the edge of the batter has set, flip the pancake over. Cook for another one minute for the underneath to go golden brown. Transfer to a baking tray and keep warm in a cool oven (14°C/275°F/Gas Mark 1) whilst you continue to cook the remainder of the batter.
- Making ahead? The pancake batter can hold for a couple of hours before frying, place non PVC cling film directly onto the surface of the batter mix to prevent a skin forming and giving a lumpy batter later. Don't hold for too long otherwise the raising agents will stop working and the pancakes will be flat.

Recipe by Nutritionist and Natural Chef, Francesca Klottrup, who directs the Natural Chef Course at CNM (College of Naturopathic Medicine). Find out more at www.naturopathy-uk.com

