Orange & poppyseed pancakes

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MAKES 8

We guarantee this orange and poppy seed stack will be your new favourite flavour combo! The orange peel not only gives a zesty kick, but provides so many added nutrients and health benefits. Orange peel is loaded with antioxidants and polyphenols, not to mention three times more vitamin C than the juice, making this the perfect seasonal recipe to incorporate to your winter Sunday mornings. Poppy seeds are a great addition to help manage coughs, asthma, headaches and digestive complaints.

Ingredients:

- 3/4 cup wholemeal self raising flour
- 3/4 cup wholemeal plain flour
- 1/4 cup monk fruit
- 1 teaspoon baking powder
- 1 egg
- 1/4 cup grass-fed butter or ghee, melted
- 1 cup unsweetened plant milk
- 1/4 cup fresh orange juice
- 1 tablespoon poppy seeds
- 1 orange, zest
- 1/2 cup organic maple syrup

Method:

In a small pouring dish, add maple syrup with 1 tablespoon of orange zest. Stir well and set aside.

In a large mixing bowl, combine flours, monk fruit and baking powder.

Make a small well in the centre of the dry mixture. Crack in the egg and pour in melted butter or ghee, plant milk and orange juice. Gently fold until all ingredients are combined. Add in poppy seeds and zest. Gently fold again.

Heat a large skillet with a teaspoon of butter over medium heat. Add 1/4 cup of the pancake

mixture at a time into the skillet. Cook until you start to see small bubbles appear, then flip to cook the other side.

Serve pancake stack with fresh orange wedges, leftover orange zest and maple syrup.