

RawVegan Breakfast Pancake

Makes 8 small pancakes

You'll need: food processor, dehydrator

Preparation time: 1 hour

Total time: approximately 12 hours

Ingredients for Pancake:

4 ripe banana

juice of 1/2 lemon

1/4 cup filtered water

coconut nectar (or your preferred sweetener to taste)



- Combine all the ingredients (except whole almond, shredded coconut and ground flax) in the food processor fitted with the S blade and process until smooth.

1/3 cup whole almond (soaked)

1/3 cup finely shredded coconut

1/3 cup golden flax seeds (ground)

- Add whole almond, shredded coconut, ground flax and pulse a few times.
- Pour the mixture onto your non-stick dehydrator sheets (approximately 4 heaping tbsp from the mixture for each pancake, 4 pancake per tray). Spread the mixture evenly into pancake shape. They should be about 1/2 inch thick.
- Dehydrate at 140°F for 1 hour, decrease heat to 118°F and continue to dehydrate for 5 hours. Flip and remove dehydrator sheets. Continue to dehydrate for another 5 hours or until dry on the outside and soft on the inside.

Ingredients for filling:

1 cup coconut whipped cream

fresh fruits of choice

Ingredients for Juice:

2 orange (peeled)

2 red apple

1/2 lemon (peeled)

2 large carrot

1 celery stalks

Run all ingredients through your juicer, Enjoy!!