

Apple Juice Pulp Pancake

Makes 10 small pancakes

You'll need: food processor, dehydrator

Preparation time: 20 minutes

Total time: approximately 12 hours

Ingredients:

1+ 1/2 cup apple juice pulp

3 ripe banana

1/2 cup filtered water

juice of 1/2 orange

juice of 1/2 lemon

pinch cinnamon



Place all ingredients (except almond and flax) into a food processor fitted with the S blade and process until smooth.

1 cup whole almond (soaked)

you could also use walnut, pecan, hazelnut, cashew, pine nut or buckwheat

1/3 cup flax seeds (ground)

Add the almond, ground flax seeds and pulse a few times.

Scoop out about 3 heaping tbsp (I used an ice cream scooper - 1 scoop) of pancake dough and place on dehydrator sheet. Spread the mixture evenly into pancake shape, about 1/2 thick.

Dehydrate at 118 degrees overnight for about 8 hours. Flip and remove dehydrator sheet.

Continue to dehydrate for another 2 hours or until dry.

Dress with your favorite fruits, nuts, seeds, coconut whipped cream or plant based yogurt ...

Enjoy!