



Ashley's Meal Prep Monday!



Carrot Cake Pancakes

INGREDIENTS

1 1/2 cups flour (almond or GF)
1/2 cup unsweetened apple
sauce
1/3 cup milk of choice
2 eggs
2 TSP baking powder
1 TBSP coconut sugar
2 TSP cinnamon
1/4 TSP salt
1 cup shredded carrots

Topping:

1/2 cup shredded carrots
coconut cream
1 TBSP cinnamon
chopped brazil nuts



Add all ingredients together and mix until a batter is formed.

Bake on a lightly greased griddle, flipping when little bubbles have appeared throughout the pancake. Let pancakes cool a little, and layer with a mixture of carrots, coconut cream and cinnamon. Top with brazil nuts and maple syrup!

*I doubled the recipe and ended up having to add extra milk so the batter wasn't so thick. Also used GF flour, cashew milk and added bananas to a few of the pancakes. Tried a couple with peanut butter and granola on top, with a side of fresh fruit.

SO yummy & a perfect treat!

RECIPE: @ALITTLEMOREBALANCED

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