



# Pumpkin and Orange Pancakes

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS : 7

PREPARATION: 20 MINUTES

## INGREDIENTS

### *Pancakes :*

- 210 g (1 1/2 cups) all-purpose flour "[\*La Merveilleuse\*](#)"
- 20 g (1/4 cup) quinoa flakes
- 10 ml (2 tsp) baking powder
- 0.5 ml (1/8 tsp) salt
- 165 g (2/3 cup) [pumpkin puree](#)
- 85g (1/3 cup) plant-based milk substitute
- 83 g (1/2 cup) orange juice, freshly squeezed
- 2 large eggs, beaten (110 g)
- 50 g (1/4 cup) light olive oil
- 30 ml (2 tbsp) maple sugar (or cane sugar)
- 15 ml (1 tbsp) orange zest
- 10 ml (2 tsp) vanilla extract

### **Pumpkin orange puree:**

If you want to serve your pancakes with pumpkin orange puree, it's easy! Simply add orange zest and maple sugar (or cane sugar) to your pumpkin puree, depending on taste. And that's it! You will have an enchantingly delicately-scented pumpkin puree.

## PREPARATION

1. In a large bowl, combine flour, quinoa flakes, baking powder and salt.
2. Add pumpkin puree, plant-based milk substitute, orange juice, eggs, maple sugar (or cane sugar), oil, orange zest and vanilla extract. Whisk vigorously until creamy and smooth.
3. Let rest for 10 minutes.
4. In a skillet previously heated and brushed with oil, pour about 125 ml (1/2 cup) of the batter into the center of the pan. Spread lightly with a spoon, giving your pancake a rounded shape about 15 cm (6 inches) in diameter.
5. Cook on both sides and turn over when the pancake is golden brown underneath. Cook over low heat to prevent it from burning before it is cooked through.



*The pairing of pumpkin with orange is a pure delight!*

### TIP

It is really very important to cook the pancakes over very low heat otherwise they will look cooked on the outside while the inside is not. Cooking over low heat allows the pancakes to cook evenly. It will be time to flip your pancake when the top starts to cook slightly (you'll see the texture change).