

Gluten-Free Cranberry Orange Oat Flour Pancakes

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INGREDIENTS:

- 1 egg
- 1 cup almond milk
- 1 Tablespoon grapeseed oil (or oil of choice)
- 2 Tablespoons orange juice
- Zest of 1 orange
- ¼ teaspoon vanilla extract
- 1 cup oat flour
- 1 teaspoon baking powder
- ⅓ cup dried cranberries, blanched
- ⅛ teaspoon salt

PREPARATION:

Heat water in a tea kettle until boiling. Put the dried cranberries in a small bowl and pour boiling water on top of them. Allow them to sit for 10 minutes until softened and puffy. Strain the water from the cranberries and set cranberries aside. In a mixing bowl, lightly beat the egg and add the almond milk, grapeseed oil, orange juice, orange zest and vanilla extract. Stir until combined. Add the oat flour, salt, and baking powder to the wet mixture and mix just until combined. Be careful not to over-mix as over-mixing oat flour can make the pancakes very dense. Add the blanched cranberries and mix. Heat a large non-stick skillet just above medium heat. Add a couple teaspoons of oil to the skillet. Measure ¼ cup of the pancake batter and pour it into the skillet. Cook until edges firm up, about 2 minutes, then flip to the other side. Cook until golden brown on each side. Repeat with all of the batter. Serve with honey.